



The Dignity Digest

Issue # 72

January 14, 2021

The Dignity Digest is information compiled by Dignity Alliance Massachusetts concerning long-term services, support, living options, and care issued each Friday.

*May require registration before accessing article.

Quotes of the Week

“With the 50% price drop of Aduhelm on January 1, there is a compelling basis for CMS to reexamine the previous recommendation [for the Medicare Part B premium increase in 2022].”

Department of Health and Human Services Secretary Xavier Becerra, *Becerra orders Medicare to reconsider premium hike following price drop for Biogen’s Aduhelm*, **STAT News**, January 10, 2022,

<https://tinyurl.com/ReconsiderPremiumHike>

A looming decision on Medicare coverage for Biogen’s Alzheimer’s drug could shock state Medicaid programs. . .

“It’s a perfect example in terms of disconnect in public policy (given that the Department of Health and Human Services oversees both CMS and the FDA.) There’s no objective reason why Medicare can have more leeway to look at a drug, but the Medicaid program does not get the same tools and ability to make the same decisions. It could cost us a lot and really calls into question the rules of the road for both programs.”

Matt Salo, executive director of the National Association of Medicaid Directors, *A looming decision on Medicare coverage for Biogen’s Alzheimer’s drug could shock state Medicaid programs*, ***STAT +**, January 10, 2022,

<https://tinyurl.com/ShockStateMedicaid>

We all deserve the supports available through hospice during our final days. Someone to manage our pain and comfort us. Someone to watch telenovelas and eat mint candies with us. And we need to better invest in hospice for this essential care to be here when it’s our time to go.

No one should die alone, ***Boston Globe**, January 7, 2022 (updated),

<https://tinyurl.com/GlobeNoOneShouldDieAlone>

“We’ll go out to a Veterans Day breakfast, and a waiter will say, ‘Oh, it’s so nice you came here with your dad to celebrate Veterans Day. But then my dad will say, ‘Oh no, she’s a veteran, too.’ ”

Kaitlynn Hetrick, a government affairs associate at [Iraq and Afghanistan Veterans of America](https://tinyurl.com/GlobeNoOneShouldDieAlone), *These female vets were ready for civilian life. It was harder than they thought.* ***Washington Post**, January 3, 2022, <https://tinyurl.com/FemaleVetsCivilianLife>

“I can’t appreciate that as much as I’d like. I miss the smell of cut grass. Flowers. My wife’s cooking. It certainly does decrease my quality of life.”

Jerome Pisano, 75, a certified wine specialist who lost his sense of smell, *Covid led to smell problems for many. Seniors are especially vulnerable,* ***Washington Post**, January 9, 2022, <https://tinyurl.com/SmellProblems>

“Despite the fact people with disabilities comprise 25 percent of the population, they often confront barriers to basic health care services such as physical examinations, weight measurement, and effective communication with their physicians.”

Lisa I. Iezzoni, MD of the Mongan Institute’s Health Policy Research Center at MGH and member of Dignity Alliance Massachusetts, *ADA knowledge lacking among many physicians,* ***Washington Post**, January 9, 2022, <https://tinyurl.com/ADAKnowledgeLacking>

“Individuals with disabilities are very often invisible. And so, they don't get to unite ... and it's harder to build the momentum for a movement around individuals with disabilities. I'm hoping [the newly formed Commission on the Status of Persons with Disabilities] will help with that.”

State Representative Denise Garlick (D-Needham), *A new state commission aims to unite the diverse disability community,* **WGBH**, December 16, 2021, <https://tinyurl.com/DiverseDisabilityCommunity>

“I see it as, if you're not open to employment of folks with different abilities, then you're shutting the door on innovation, creativity and really thinking about how do you

create a holistic work environment where contributions come from different lenses? I've seen incredible, innovative work that's come out of hiring folks that think about doing work differently. Disability is a big part of every community and if you happen to be a person of color and you happen to have a disability, you have a couple of things against you already."

Oz Mondejar, senior vice president of mission and advocacy at Spaulding Rehabilitation Network and Partners HealthCare at Home, *A new state commission aims to unite the diverse disability community*, **WGBH**, December 16, 2021, <https://tinyurl.com/DiverseDisabilityCommunity>

"Most physicians don't ask questions and don't know what to do if there's a [sexual] problem [experienced by an older adult patient]. They think their patients are going to be embarrassed. In my opinion, you cannot call yourself a holistic practitioner unless you ask those questions."

Dr. June La Valleur, a recently retired obstetrician-gynecologist and associate professor who taught at the University of Minnesota's medical school, *The Joys (and Challenges) of Sex After 70*, ***New York Times Magazine**, January 12, 2022, <https://tinyurl.com/JoysChallengesSexOver70>

"For town officials that are thinking about [converting strip malls to housing], it does give you a housing choice in your town that you may not have otherwise if you're predominantly single-family detached housing. This gives a place people could move that has an elevator, that has services, that's walkable, where they want to stay in your town."

David Gillespie, vice president of development at Avalon, *Could suburban strip malls be the solution to Massachusetts' housing shortage*, **Boston Herald**, January 11, 2022, <https://tinyurl.com/StripMallsHousing>

"We should be much higher in terms of boosters. That's a huge gap right now."

David Grabowski, professor, healthcare policy, Harvard Medical School, *Covid-19 Cases Surge at Nursing Homes*, ***Wall Street Journal**, January 11, 2022, <https://tinyurl.com/CasesSurgeAtNursingHomes>

"It's a middle road that is good for the field, good for the

patients and good to determine the efficacy of this class of treatments. It's not a perfect solution. But it is better than covering it carte blanche or not covering it at all."

Ronald C. Petersen, director of the Mayo Clinic Alzheimer's Disease Research Center, *Medicare proposes covering expensive drug for early-stage Alzheimer's, but with restrictions that will sharply limit use*, ***Washington Post**, January 11, 2022, <https://tinyurl.com/MedicareProposesCoverage>

"These have been some of the roughest few months that we've had to deal with. Between short staffing and coworkers being out with COVID, we're having to take care of more patients, and we're burnt out."

South Shore Hospital pediatric nurse, *South Shore Hospital Nurse: 'We're Burnt Out'*, **Patch**, January 12, 2022, <https://tinyurl.com/SSHWereBurntOut>

"Omicron, with its extraordinary, unprecedented degree of efficiency of transmissibility, will ultimately find just about everybody. Those who have been vaccinated ... and boosted would get exposed. Some, maybe a lot of them, will get infected but will very likely, with some exceptions, do reasonably well in the sense of not having hospitalization and death."

Dr. Anthony Fauci, *The highly contagious Omicron variant will 'find just about everybody,' Fauci says, but vaccinated people will still fare better*, **CNN**, January 12, 2022, <https://tinyurl.com/FinfJustAboutEverybody>

"If it can save one person, that would be awesome."

Heidi Homola, co-owner of Andi's Coffee & Bakery, participating business in the VA's suicide prevention effort, *Stick at It*", *Stick at it: VA, local coffee shops team up for veteran suicide prevention sticker campaign*, **The Sheridan Press**, January 12, 2022, <https://tinyurl.com/StickAtIt>

"We don't want to have people live to be 120 and feel like they're 120."

James Kirkland, a gerontologist at Mayo Clinic, *Can You Fight Aging? Scientists Are Testing Drugs to Help*, ***Wall Street Journal**, January 11, 2022, <https://tinyurl.com/CanYouFightAging>

Say it's 2050 and you just turned 70 years old. You feel as vigorous after a workout as you did at 35. Your skin has nary a wrinkle. You don't have to remember where you put your

glasses because your vision is still 20/20. Your mind seems as sharp as ever. Will people eventually routinely live—and live healthily—longer?

Five Inventions to Help Us Live Better, Longer, *Wall Street Journal, January 12, 2022 (updated), <https://tinyurl.com/FiveInventionsToHelp>

“When it comes to aging, a small house equals big life. Big house equals small life.”

Dr. Bill Thomas, geriatrician and co-founder of Kallimos Communities, *‘Magic’ Multigenerational Housing Aims to Alleviate Social Isolation*, *Wall Street Journal, January 10, 2022, <https://tinyurl.com/MagicMultigenerationalHousing>

“Sexuality is an integral part of a person’s life. But disability often results in physical limitations which can dramatically impair a person’s capacity for intimacy.”

Dr. Mitchell Tepper, an Atlanta-based sexuality educator and coach, *Startups Aim to Broaden the Market for Sexual-Health Devices*, *Wall Street Journal, January 7, 2022, <https://tinyurl.com/MarketSexualHealth>

"He was a beloved friend, a man of great faith and had a gentle spirit that inspired those around him. He proudly served our country during World War II and returned home to serve his community and church. His kindness, smile and sense of humor connected him to generations of people who loved and admired him."

Stephen Watson, president and chief executive of the National World War II Museum, memorializing, Lawrence Brooks, oldest living American veteran, *The oldest living American veteran of World War II dies at 112*, NPR, January 5, 2022, <https://tinyurl.com/OldestAmericanVeteranDies>

Featured Reports

1. *Wall Street Journal

January 11, 2022

Covid-19 Cases Surge at Nursing Homes

Cases among staff climb to a new high, while the tally among residents is near the record, according to CDC data. . .

[The Covid-19 surge](#) fueled by [the Omicron variant](#) is hitting nursing homes hard, with the highest number of cases ever documented among staffers and a near-record tally of residents also testing positive, according to new federal data.

The increases among staff are posing an operational challenge for facilities that have been struggling with [worker shortages](#) for months, while a surge in patient cases threatens a return of serious illness and death among residents.

In the week ending Jan. 9, there were 32,061 new confirmed Covid-19 cases among nursing-home residents, up from 18,186 a week earlier and 6,406 the week before

that, according to new Centers for Disease Control and Prevention data. The recent week's total was close to the highest documented weekly level, which surpassed 34,000 in December 2020. The CDC data only go back to late May 2020. Cases among staffers are rising even more sharply. In the most recent week of CDC data, there were 57,243 Covid-19 cases among nursing-home staffers, 36% higher than the previous week's total and nearly double the peak the CDC documented in December 2020. . .

The swelling Covid-19 case numbers in nursing homes are also feeding worries that the facilities could see another wave of serious illness and mortality among their frail occupants, who routinely accounted for a third or more of Covid-19 deaths in the U.S. [during early periods of the pandemic](#). . .

About 87% of nursing-home residents are vaccinated, and about 62% of those people have received a booster dose, recent CDC data show. The rate of Covid-19 cases is much lower among those who have gotten a third vaccine shot, a CDC spokeswoman said. . .

Webster at Rye, in New Hampshire, had no Covid-19 cases among residents until an outbreak in November 2021, when 32 were infected with the virus and six died. Residents were all vaccinated and had been scheduled to receive their booster shots when the outbreak happened.

<https://tinyurl.com/CasesSurgeAtNursingHomes>

2. *Wall Street Journal

January 10, 2022

'Magic' Multigenerational Housing Aims to Alleviate Social Isolation

Two co-living communities set to break ground this year seek to address loneliness, as well as the caregiving and affordable-housing shortages, in the U.S. . .

The U.S. is facing an aging population, a [shortage of caregivers](#), a dearth of [affordable housing](#) and an [increase in social isolation](#) that threatens well-being.

Some think what we really need is Magic.

That is, multi-ability, multigenerational, inclusive co-living, or communities where young and old, families and singles, live side by side, supported by inclusive design, technology, and neighbors. Rethinking community in this way could reshape how and where older adults and people with disabilities live and receive care, while building symbiotic relationships between people of all ages, supporters say.

Magic is the brainchild of geriatrician William Thomas, who spent decades working to improve long-term care. Spurred by a belief that segregating older adults, as well as people with special needs, negatively impacts their well-being, Dr. Thomas co-founded Kallimos Communities to develop neighborhoods based on Magic principles. Groundbreaking is expected to begin in the second half of 2022 on two neighboring 7.5-acre communities in Colorado—the first of what he hopes will be many across the country. . .

Intentional intergenerational models exist in small pockets around the country, where preschools operate in assisted living facilities, and on a grand scale in Singapore, he says, where [the government is spending \\$2.4 billion](#) to build three-generation flats and housing developments that have space for both elder care and child care.

Creating new communities, rather than offering services in existing ones, faces special challenges, including startup costs and getting people to move into them. About 70% of adults 50 and older want to ["age in place,"](#) remaining in their homes for the long term, according to [a 2021 AARP survey](#) of nearly 3,000 U.S. adults.

<https://tinyurl.com/MagicMultigenerationalHousing>

Life Well Lived	<p>3. NPR January 5, 2022 <i>The oldest living American veteran of World War II dies at 112</i> Lawrence Brooks, the oldest known living American veteran of World War II, died early Wednesday morning, according to the National World War II Museum. He was 112. . . Born in 1909, Brooks was one of 15 children and was raised in rural Louisiana and Mississippi. He was drafted into the U.S. Army a few weeks after the attack on Pearl Harbor at age 31 when the military was still racially segregated. . . Brooks spent his time during the war serving with the largely African American 91st Engineer Battalion, stationed in Australia, New Guinea, and the Philippines. For much of that time, Brooks was a driver, valet and cook for three officers, two lieutenants and a captain, the Army Times reported. He also helped build bridges, roads, and airstrips. Eventually he earned the rank of Private 1st Class. . . When asked the secret to his longevity and long-lasting good health, Brooks had a simple piece of advice: "Be nice to people." https://tinyurl.com/OldestAmericanVeteranDies</p>
Biden / Federal Policies	<p>4. Administration on Community Living January 13, 2022 <i>ACL begins awarding \$150M to expand the aging and disability networks' public health workforce</i> In November, the Biden-Harris Administration announced that ACL would receive \$150 million to expand the public health workforce within the aging and disability networks. This week, ACL began distributing that funding to more than a dozen of its grantees and grantee networks. Half of the total funding will be awarded over the next two weeks; the remainder of the funding will be awarded on a rolling basis over the coming months. Public health promotes and protects the health of people and the communities where they live, learn, work, and play. The aging and disability networks play essential roles in that work, particularly during a public health emergency. For example, during the COVID-19 pandemic, the aging and disability networks have:</p> <ul style="list-style-type: none"> • Helped people move from high-risk congregate settings to safer settings in the community. • Played a key role in helping people with disabilities and older adults get vaccinated – including boosters. • Ensured that older adults and people with disabilities have been able to access health care, including COVID-19 treatment. • Worked tirelessly to making sure people with disabilities and older adults had the services and supports they needed to stay healthy and safe in the community. <p>The aging and disability networks also play a significant role in expanding the capacity and capability of the public health workforce to meet the unique needs of older adults and people with disabilities. The funding, which will be available until September 30, 2024, is intended to help cover the costs of staff to conduct these and other crucial public health activities, and to alleviate some of the strain our networks have experienced during the pandemic. Funding can be used to cover wages and benefits, as well as the costs of associated equipment, training, and supplies for these professionals. Funding will be awarded to 11 grantee networks, as follows:</p> <ul style="list-style-type: none"> • Centers for Independent Living - \$38.3M*

- Independent Living Designated State Entities - \$4.5M*
- No Wrong Door Systems/Aging and Disability Resource Centers - \$4.4M*
- Protection & Advocacy Systems - \$6.4M*
- State Assistive Technology Programs - \$4.5M*
- State Councils on Developmental Disabilities - \$4.5M*
- State Health Insurance Assistance Programs - \$4.3M*
- State Units on Aging/Area Agencies on Aging - \$49.8M*
- Traumatic Brain Injury State Partnership Programs - \$2.2M*
- Tribes and Tribal Organizations - \$22.6M*
- University Centers for Excellence in Developmental Disabilities - \$7.6M*

**approximate - rounded to the nearest thousand*

In addition, the Paralysis Resource Center and Limb Loss Resource Center each will receive grants of \$160,000.

Funding was allocated evenly within each group to ensure that each grantee (or probable sub-grantee) receives enough to pay for approximately one full-time equivalent for about one year (depending on the type of professional).

In order to get the funding to communities as fast as possible, ACL is distributing it using existing grant mechanisms. The process for releasing the funding varies depends on the way each grantee or grantee network receives its primary funding from ACL.

Funding for the aging network began today with grants awarded to State Units on Aging. The majority of that funding is expected to be distributed through sub-grants to Area Agencies on Aging and other community-based organizations providing direct services to older adults.

State Assistive Technology Programs and tribes will receive their funding by the end of next week.

Four networks must submit letters of assurance, as explained in Federal Register notices published this week. These include [State Councils on Developmental Disabilities](#), [Protection & Advocacy Systems](#), [Centers for Independent Living](#), and [Independent Living Designated State Entities](#) (IL DSE). As is explained in the Federal Register notice, we are encouraging IL DSEs to distribute the funding through sub-grants, including to State Independent Living Councils or organizations that receive funding through Part B of the Rehabilitation Act of 1973, as amended.

The remaining networks and grantees will receive individual notices to apply for funding by the end of next week.

To assist networks with implementing this new program, ACL has published a series of [Frequently Asked Questions](#) on [our COVID-19 website](#).

<https://tinyurl.com/150MAgingDisabilityNetworks>

5. Centers for Medicare and Medicaid Services

January 6, 2022

Updated Materials Available – Visiting Nursing Homes During Omicron Surge

The Centers for Medicare & Medicaid Services (CMS) has updated our [Nursing Home Resource Center](#) with two new informational products.

As of January 6, 2022, the [Nursing Home Visitation FAQs](#) have been updated to provide additional guidance about visitation during the Omicron surge. CMS has also created an [infographic](#) to graphically represent how to safely conduct visits to nursing homes during this time of spiking COVID cases around the country. These two new resources are available for nursing home providers, patients, caregivers, and CMS partners to stay informed about CMS' latest thinking for keeping nursing homes safe in the current COVID climate.

	<p>Nursing Home Visitation FAQ: https://tinyurl.com/NHVisistationFAQ Infographic: https://tinyurl.com/NHVisitationInfoGraphic</p> <p>6. Federal Communications Commission December 31, 2021 <i>Federal Communications Commission (FCC) Launches the Affordable Connectivity Program (ACP)</i></p> <p>On December 31, the FCC launched the ACP. This program, created by Congress in the Infrastructure and Jobs Act, is a longer-term replacement for the Emergency Broadband Benefit (EBB) program. This investment in broadband affordability will help ensure households can afford the internet connections they need for work, school, health care, and more.</p> <p>The FCC also launched a toolkit of materials for partners to download and customize to meet their needs. More materials will be added in the coming weeks. The ACP provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.</p> <p>Enrollment in the ACP is now open for households with at least one member qualifying under any of the following criteria:</p> <ul style="list-style-type: none"> • Has an income that is at or below 200% of the federal poverty guidelines. • Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline. • Participates in tribal-specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations. • Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision. • Received a Federal Pell Grant during the current award year. • Meets the eligibility criteria for a participating provider's existing low-income program. <p>The 9 million households fully enrolled in the EBB program as of December 31, 2021, will continue to receive their current monthly benefit until March 1, 2022. More information about steps current EBB recipients must take to continue receiving the ACP benefit after March 1, 2022 will be available in the coming weeks.</p> <p>For application questions, email ACPSupport@usac.org or call 877-384-2575. https://tinyurl.com/AffordableConnectivityProgram</p>
Funding Opportunities	<p>7. Administration on Community Living <i>New Grant Opportunities: Innovations in Nutrition Programs and Services (INNU)</i></p> <p>ACL has released two INNU Funding Opportunity Announcements (FOAs) for cooperative agreements to establish or replicate innovative approaches to enhance the quality, effectiveness, and outcomes of nutrition programs and services within the aging services network.</p> <p>Innovations in Nutrition Programs and Services - Replication HHS-2022-ACL-AOA-INNU-0040</p> <p>The purpose of this FOA is to replicate selected successful, completed INNU grants that have demonstrated positive senior nutrition program participant impacts. In addition to the requirements outlined in the FOA, four Replication Model Toolkits are available, which describe each project and provide resources for replication.</p>

	<p>Applicants select one project to replicate. Time Period: 36-month program period Ceiling: \$150,000 per budget year Required Match: 25% Innovations in Nutrition Programs and Services - Research HHS-2022-ACL-AOA-INNU-0017 This FOA includes two project approaches. Applicants select one project model to implement: Project Model A: Demonstrate Congregate Meal Program Impact on Nutrition, Socialization, Health, and Well-being Outcomes. Project Model B: Evaluate and Sustain Effective, Non-Traditional Senior Nutrition Program Delivery Models. Proposals create partnerships between universities, tribal colleges and universities, or other research organizations in collaboration with aging services organizations to test innovative programs or practices for the senior nutrition program. Time Period: 60-month project period Award Ceiling: \$600,000 per year Required Match: 25% Questions about either funding opportunity should be directed to Ms. Judy Simon. Application Deadline: March 10, 2022 https://tinyurl.com/INNUFunding</p>
Public Input Sought	<p>8. U. S. Access Board <i>U.S. Access Board Seeks Additional Information for Advisory Guidelines for Aircraft Onboard Wheelchairs</i> The U.S. Access Board has reopened its public comment period on advisory guidelines for aircraft onboard wheelchairs. As indicated in a published notice, the Board seeks information on onboard wheelchair loads and caster wheels for use in finalizing its voluntary guidelines. The Department of Transportation also solicits further information on its performance standards for onboard wheelchairs as outlined in a separate meeting notice. Individuals may submit comments to the Board via any of the following methods: Federal Register Notice: Select the “Submit a Formal Comment” button on the right-hand side and follow the instructions. Email docket@access-board.gov. Include docket number ATBCB-2019-0002 in the subject line of the message. Mail: Office of Technical and Information Services U.S. Access Board 1331 F Street NW, Suite 1000 Washington, DC 20004-1111 View the docket to read background documents and comments received. Comment Period Closes January 17, 2022 https://tinyurl.com/InputOnboardAccess</p>
Podcasts	<p>9. Stanford Center on Longevity <i>Century Lives</i> Do rules created when most people lived only to 50 or 60 still make sense when more and more people live to 100? Longer lives are, at once, among the most remarkable achievements in all of human history and the greatest challenge of the 21st century. How can we ensure that our lives are not just longer, but healthy and rewarding as well? From the Stanford Century on Longevity, Century Lives is here</p>

	<p>to start the conversation. In our first season we ask how COVID-19 has changed the way we live...and how that impacts our longevity. Join us as we venture into the world of education, work, healthcare and more to see how our future as a population of centenarians has already started.</p> <p>Episodes</p> <p><i>New Map of Life</i></p> <p>Over the last century, life expectancy in the US has increased by 25 years, but many of our rules around work, learning, and retirement remain unchanged over that time. Laura Carstensen, the founding director of the Stanford Center on Longevity, joins us to talk about a New Map of Life and how a new, more flexible, life course could better support longer, healthier, and more productive lives. We are also joined by three generations of the Rarey family: Dick, age 100, Rich aged 60, and Adam age 22, as they talk about how life has changed just over the span of three generations and how it might change for the next three.</p> <p><i>Introducing: Century Lives</i></p> <p>Do rules created when most people lived only to 50 or 60 still make sense when more and more people live to 100? Longer lives are, at once, among the most remarkable achievements in all of human history and the greatest challenge of the 21st century. How can we ensure that our lives are not just longer, but healthy and rewarding as well? From the Stanford Century on Longevity, Century Lives is here to start the conversation. In our first season we ask how COVID-19 has changed the way we live...and how that impacts our longevity. Join us as we venture into the world of education, work, healthcare and more to see how our future as a population of centenarians has already started.</p> <p>https://tinyurl.com/PodcastCenturyLives</p>
Older Americans Month	<p>10. Administration on Community Living</p> <p>January 7, 2022</p> <p><i>Older Americans Month 2022 “Age My Way”</i></p> <p>Every May, ACL leads the nation’s observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is <i>Age My Way</i>, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. ACL will be discussing how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.</p> <p>The 2022 logos are available now. Stay tuned for a poster, social media graphics, and more that you can use to celebrate OAM in your community. Don’t forget to follow #OlderAmericansMonth for the latest from ACL, and to see what others are planning.</p> <p>https://tinyurl.com/OAMMay2022</p>
Learning Collaboratives	<p>11. National Center on Advancing Person-Centered Practices and Systems (NCAPPS)</p> <p><i>NCAPPS Opens Two Learning Collaboratives for Applications</i></p> <p>The National Center on Advancing Person-Centered Practices and Systems (NCAPPS) learning collaboratives bring together teams of people with professional and lived experience from states, territories, and tribal human services agencies to engage in peer-to-peer learning as they pursue a common aim.</p> <p>NCAPPS has announced that applications for two new Learning Collaboratives are now open: the Beyond Compliance Leadership Learning Collaborative and the Self-Direction Learning Collaborative.</p>

	<p>Beyond Compliance Leadership Learning Collaborative Delivered in partnership with Support Development Associates, the Beyond Compliance Leadership Learning Collaborative will introduce human service administrators and leadership in advocacy and provider organizations to the 9 Elements of a Person-Centered System to help them build person-centered practice and knowledge throughout their agencies. Learn more. Apply for the Beyond Compliance Leadership Learning Collaborative.</p> <p>Self-Direction Learning Collaborative The Self-Direction Learning Collaborative will address four "drivers" that promote high-quality self-direction:</p> <ol style="list-style-type: none"> 1. Educating people with disabilities, older adults, and family members and caregivers regarding the benefits of self-direction. 2. Developing self-direction policies and procedures that are transparent, consistent, and easily understood and implemented. 3. Creating an infrastructure to support self-direction. 4. Recruiting and training support brokers, plan facilitators, and peer mentors to assist participants to determine array of services and supports. <p>Participating teams will develop goals that address one or more of the above drivers and will identify strategies to reach their goals. Learn more. Apply for the Self-Direction Learning Collaborative. Email NCAPPS at ncapps@hsri.org with any questions about the learning collaboratives. Both applications are due January 27, 2022, 5:00 p.m. https://tinyurl.com/NCAPPSLearningCollaboratives</p>
<p>Webinar and online sessions</p>	<p>12. Gray Panthers New York City Tuesday, January 18, 2022, 2:00 p.m. <i>Transformation Tuesday Webinar, Nursing Home Workforce: Change in the Public Interest</i> "More than 4,700 COVID-19 cases and 700 COVID-19 related deaths might have been prevented in the United States over just a two-month period had more nursing home staff been vaccinated." RSVP: https://tinyurl.com/TransformationTuesdayJanuary18</p> <p>13. National Center on Law and Elder Rights Wednesday, January 19, 2022, 1:00 to 2:0 p.m. <i>Patching the Safety Net: Survivor's Benefits for LGBTQ Older Adults</i> For many LGBTQ older adults, the promise of marriage equality came too late. Having spent most of their adult lives excluded from the protections that marriage brings, many surviving same-sex partners and spouses had no access to one of the critical supports their different-sex counterparts could rely upon as they age: Social Security survivor's benefits. Whether they were barred from marriage throughout their committed relationships or they were finally able to marry, only to lose their beloveds less than nine months later, these survivors continued to feel the sting of discrimination even after marriage exclusions were struck down by the courts. Two recent court cases have remedied this problem, and now the Social Security Administration can no longer deny survivor's benefits to those same-sex survivors who could not previously meet the marriage-related requirements as a result of discriminatory laws. Presenters will share information about these cases and the actionable strategies that advocates can use to reach and support LGBTQ older adults as they navigate the process of seeking these benefits after a lifetime of discrimination.</p>

Speakers:

- Karen L. Loewy, Senior Counsel and Seniors Strategist, Lambda Legal
 - Christopher Phillips, Center for Elder Law & Justice, Staff Attorney
- A link with access to captions will be shared through GoToWebinar's chat box before the webcast start time. NOTE: Due to the high volume of participants, computer audio will be the only option to listen to the presentation.

Registration: <https://tinyurl.com/PatchingSafetyNet>

14. The Long-Term Care Discussion Group

Thursday, January 20, 2022, 1:00 to 2:00 p.m.

Staffing Matters: The Need for Federal Staffing Standards in Nursing Homes

Chronic understaffing has been a serious problem in nursing homes for decades and has been exacerbated by the COVID-19 pandemic. The research indicates that inadequate staffing contributes to lower quality of care and poor health outcomes for residents. Yet no federal staffing standard exists, and only one state requires a minimum research-backed standard of 4.1 hours per resident day.

The speakers will provide an overview of a new report documenting staffing standards in each state and analyzing the contrast to research-based standards recommended by medical and healthcare professionals to ensure quality of care. The session will also discuss the research and data supporting the need for a federal minimum staffing standard.

Speakers:

- **Robyn Grant**, Director of Public Policy and Advocacy at the National Consumer Voice for Quality Long-Term Care
- **Dr. Charlene Harrington, PhD, RN**, a gerontologist who has been a professor of sociology and nursing at the University of California San Francisco since 1980
- **Richard Mollot** is the executive director of the Long-Term Care Community Coalition (LTCCC)

Zoom link: <https://umassboston.zoom.us/j/98624555415>

Meeting ID: 986 2455 5415

No registration required

15. ACL's Office of Nutrition and Health Promotion Programs (ONHPP)

Thursday, January 20, 2022, 4:00 to 5:00 p.m.

50th Anniversary of the Senior Nutrition Program Celebration Awareness Event

During this event, ONHPP will share details around the March observance and preview the toolkit and activities being developed to celebrate the program's golden anniversary.

ACL has chosen "Celebrate. Innovate. Educate." as this year's anniversary theme. With this theme, we celebrate the many accomplishments of the national and local programs; we acknowledge innovative approaches used to support seniors, and we look at how education can help communities understand and use nutrition services.

Registration: <https://tinyurl.com/ONHPP50thAnniversary>

16. American College of Preventive Medicine

Thursday, January 20, 2022, 4:00 p.m.

From the Front Lines: Prevention-focused Strategies to Address Health Equity, Cardiovascular Health and Chronic Disease

Presenters will share engaging examples of the work preventive medicine physicians are doing every day to advance the health of their patients, communities, and country.

Registration: <https://tinyurl.com/FromTheFrontLinesJan20>

17. UsAgainstAlzheimer's Brain Health Partnership

Thursday, January 27, 2022, 1:00 p.m.

The New Alzheimer's Prevention National Goal - Why It Matters and What Is Next

Join an UsAgainstAlzheimer's Brain Health Partnership meeting on January 27 to discuss the recent and tremendous victory realized by the Alzheimer's community--making the prevention of Alzheimer's and related dementia a national priority.

Secretary Xavier Becerra added a sixth goal to the National Alzheimer's Plan:

Accelerate Action to Promote Healthy Aging and Reduce Risk Factors for

Alzheimer's Disease and Related Dementias (ADRD). The goal identifies clear strategies in research, public health, and clinical practice to achieve this goal.

During this meeting we will discuss the goal and how the community can work together to make the goal successful in reducing the prevalence of Alzheimer's risk factors by 15% in a decade.

Registration: <https://tinyurl.com/BrainHealthWhyItMatters>

18. National Center on Law and Elder Rights

December 1, 2021

Advancing Equity for Older Adults, Part 2: Putting Strategies into Practice

This is a follow up to the first webinar, *Advancing Equity for Older Adults, Part 1: An Introduction to Advancing Equity in Legal and Aging Services*, presented on October 28th. It is not necessary to have attended the first training, but attendees are encouraged to watch the recording for an introduction to equity and racial justice for older adults.

This webinar will apply principles and strategies to effectively advance equity in legal and aging services. Presenters from legal assistance and elder rights programs will describe the steps they have taken to center equity, with a focus on race equity, in their work, as well as lessons learned and promising practices for staffing, process, and evaluation.

Attendees will receive actionable steps they can take and will learn about tools that advocates can incorporate in their own work to advance equity for older adults and serve those with the greatest social and economic need. Panelists will share their experience and will be available to answer questions from the audience.

Presenters:

-Denny Chan, Directing Attorney for Equity Advocacy, Justice in Aging

-Archie Roundtree, Equal Justice Works Fellow - Elder Justice Program, Bet Tzedek

-Kee Tobar, Director of Race, Equity, and Inclusion, Community Legal Services of Philadelphia

Pre-recorded presentation available upon demand

<https://tinyurl.com/AdvancingElderEquityPart2>

19. National Center on Law and Elder Rights

October 28, 2021

Advancing Equity for Older Adults, Part 1: An Introduction to Advancing Equity in Legal and Aging Services

Low-income older adults face a number of challenges grounded in structural racism & other forms of discrimination. As a way to help address those challenges, the Older Americans Act emphasizes that limited program & service resources should be targeted to older adults with the greatest economic or social need. The factors that cause social need include language barriers & isolation caused by racial or ethnic status. Therefore, advancing equity is an important goal in the delivery of aging & legal services to older adults. This inaugural webinar series is focused on how aging & legal services professionals can better advance equity for older adults

in their own work. This webinar will:

- Provide an overview of why equity is important for older adults with economic & social need;
- Review different strategies and opportunities to advance equity in legal & aging services; and
- Highlight a local program's journey to centering equity in its work with older adults.

Presenters:

- Denny Chan, Directing Attorney for Equity Advocacy, Justice in Aging
- Kimberly Jones Merchant, Director of the Racial Justice Institute and Network, Shriver Center on Poverty Law
- Kevin Prindiville, Executive Director, Justice in Aging
- Pamela Walz, Supervising Attorney of the Health and Independence Unit, Community Legal Services of Philadelphia

Pre-recorded presentation available upon demand

<https://tinyurl.com/AdvancingElderEquityPart1>

20. National Center on Law and Elder Rights

February 18, 2021

Preventing Eviction During the Ongoing Covid-19 Crisis and Beyond

While a patchwork of federal, state, and local eviction protections has managed to stave-off the feared "tsunami" of evictions, more than 10 million tenants are delinquent in rent and many others are still uncertain about their ability to pay rent going forward. Older adult renters face particular housing affordability challenges and high rental cost burdens.

With vaccines now in distribution, it is uncertain how much longer eviction restrictions will remain in effect. Advocates need to prepare to assist a large number of tenants saddled with arrearages, or tenants who have already been evicted and are seeking to move into new housing despite eviction records or unpaid landlord-tenant debts. This webinar will touch on the main challenges advocates face in helping tenants remain housed throughout the final months of the pandemic, through the expiration of eviction protections, and into the post-pandemic period.

Panelists will discuss:

- The CDC moratorium and other federal eviction restrictions;
- Forthcoming rental assistance funds;
- Negotiating with landlords on rent arrearages; and
- Obtaining new housing despite negative rental history associated the pandemic.

Speakers:

Eric Dunn, Director of Litigation, National Housing Law Project

Patti Prunhuber, Senior Housing Attorney, Justice in Aging

Pre-recorded presentation available upon demand

<https://tinyurl.com/NCLERPreventingEvictions>

21. National Center on Law and Elder Rights

January 21, 2021

Elder Abuse: Prevention, Intervention, and Remediation

Everyone who works with older adults has a role to play in prevention, intervention, and remediation of abuse, neglect, and exploitation. Helping starts with understanding the landscape of elder abuse and the service providers and systems involved in addressing abuse. This legal basics training will provide an overview of the fundamentals of abuse, neglect, and exploitation and the signs and

	<p>signals of abuse that attendees can reference in their daily lives and work. At the end of this training, participants will be able to:</p> <ul style="list-style-type: none"> • Describe the three stages of responses to abuse • Apply basic definitions of abuse, neglect, and exploitation • Identify risk factors or signs of abuse, neglect, or exploitation • Identify the differences between undue influence, exploitation, and fraud • Describe added risks in a time of COVID-19 <p>Presenter:</p> <ul style="list-style-type: none"> • David Godfrey, JD, Senior Attorney, American Bar Association Commission on Law and Aging <p>Pre-recorded presentation available upon demand https://tinyurl.com/NCLERElderAbuse</p>
<p>Previously posted webinars and online sessions</p>	<p>Previously posted webinars and online sessions can be viewed at: https://dignityalliancema.org/webinars-and-online-sessions/</p>
<p>Nursing Homes</p>	<p>22. *Wall Street Journal January 11, 2022 <i>Covid-19 Cases Surge at Nursing Homes</i> Cases among staff climb to a new high, while the tally among residents is near the record, according to CDC data. . . The Covid-19 surge fueled by the Omicron variant is hitting nursing homes hard, with the highest number of cases ever documented among staffers and a near-record tally of residents also testing positive, according to new federal data. The increases among staff are posing an operational challenge for facilities that have been struggling with worker shortages for months, while a surge in patient cases threatens a return of serious illness and death among residents. In the week ending Jan. 9, there were 32,061 new confirmed Covid-19 cases among nursing-home residents, up from 18,186 a week earlier and 6,406 the week before that, according to new Centers for Disease Control and Prevention data. The recent week’s total was close to the highest documented weekly level, which surpassed 34,000 in December 2020. The CDC data only go back to late May 2020. Cases among staffers are rising even more sharply. In the most recent week of CDC data, there were 57,243 Covid-19 cases among nursing-home staffers, 36% higher than the previous week’s total and nearly double the peak the CDC documented in December 2020. . . The swelling Covid-19 case numbers in nursing homes are also feeding worries that the facilities could see another wave of serious illness and mortality among their frail occupants, who routinely accounted for a third or more of Covid-19 deaths in the U.S. during early periods of the pandemic. . . About 87% of nursing-home residents are vaccinated, and about 62% of those people have received a booster dose, recent CDC data show. The rate of Covid-19 cases is much lower among those who have gotten a third vaccine shot, a CDC spokeswoman said. . . Webster at Rye, in New Hampshire, had no Covid-19 cases among residents until an outbreak in November 2021, when 32 were infected with the virus and six died. Residents were all vaccinated and had been scheduled to receive their booster shots when the outbreak happened. https://tinyurl.com/CasesSurgeAtNursingHomes</p> <p>23. Centers for Medicare and Medicaid Services January 6, 2022 <i>Updated Materials Available – Visiting Nursing Homes During Omicron Surge</i></p>

	<p>The Centers for Medicare & Medicaid Services (CMS) has updated our Nursing Home Resource Center with two new informational products.</p> <p>As of January 6, 2022, the Nursing Home Visitation FAQs have been updated to provide additional guidance about visitation during the Omicron surge. CMS has also created an infographic to graphically represent how to safely conduct visits to nursing homes during this time of spiking COVID cases around the country. These two new resources are available for nursing home providers, patients, caregivers, and CMS partners to stay informed about CMS' latest thinking for keeping nursing homes safe in the current COVID climate.</p> <p>Nursing Home Visitation FAQ: https://tinyurl.com/NHVisitationFAQ</p> <p>Infographic: https://tinyurl.com/NHVisitationInfoGraphic</p>
Home and Community Based Services	<p>24. Home Health Care News January 12, 2022 <i>Nearly 1,300 MA Plans Offering Home-Focused Benefits for the Chronically Ill in 2022</i> https://tinyurl.com/1300MAPlansHomeFocused</p> <p>25. *Wall Street Journal January 12, 2022 <i>How Health and Fitness Trackers Are About to Get a Lot More Granular</i> Many people have become accustomed to devices quantifying their steps or heart rate. That's just the beginning. . . Businesses and researchers are dreaming up the next generation of methods to create and quantify personal data, with the aim of using the information to boost health and happiness. Some technologies are in their infancy, including machines that sit in the home, passively scanning for early signs of illness. Others are in limited use. Still others, such as smart thermometers and blood-glucose monitors, are widespread, but their proponents see untapped potential in the data they collect.</p> <p>Natural Medicine Research has shown that time outdoors can benefit well-being—but do certain natural settings have an outsize effect? NatureQuant, based in Bend, Ore., is aiming to quantify time in nature.</p> <p>Watch Your Mouth Dentists have long advised brushing teeth for two minutes twice a day. In the future, quantifying dental data, such as tracking acidity in the mouth, may help forecast cavities before they happen and draw connections between oral health and other health issues.</p> <p>Body of Water The well-known admonition to drink eight glasses of water a day has persuaded many Americans to lug around water bottles in the hopes of satisfying their hydration needs. Hydration, after all, has been shown to benefit brain function, heart health, digestion, and other bodily functions.</p> <p>In the Blood Some people are wearing blood-glucose monitoring devices, which continuously measure blood sugar via a small device worn on the arm, even if they don't have diabetes.</p> <p>The Wearable You Don't Need to Wear Researchers at the Massachusetts Institute of Technology have created a wall-mounted, laptop-size box that sits in the home, analyzing electromagnetic waves around residents as a noninvasive way of gauging health metrics. Using machine</p>

	<p>learning, the device can track breathing, heart rate, movement, gait, time in bed and the length and quality of sleep—even through walls</p> <p>Taking the Temperature Thermometers are ubiquitous in households across the country. They are often the first medical tool that people consult once they start feeling sick. Aggregating those temperature readings and associated symptoms could someday quantify and diagnose illness at a population level</p> <p>Old Dog, New Tricks Pet owners, including the many who adopted animals during the pandemic, are seeking to quantify the health of their furry friends as well.</p> <p>The Right Amount of ZZZs A plethora of products is already on the market to help people sleep https://tinyurl.com/TrackersGranular</p> <p>26. Wall Street Journal January 11, 2022 <i>The New Trend in Healthcare: Do-It-Yourself</i> With doctors under strain in the pandemic, patients are taking more of their healthcare into their own hands. Many doctors support patients taking more responsibility for their own care, but warn that too much DIY without expert guidance could miss important health problems. Despite those concerns, more physicians are recommending that patients shoulder at least some additional work, because staff shortages and worker burnout mean that patients often face long wait times for appointments and overloaded care providers. https://tinyurl.com/DoltYourselfHealthcare</p> <p>27. Gloucester Times January 8, 2022 <i>Report calls for state oversight of home care services</i> Massachusetts is among 20 states that don't license home-care services that clean, cook, and provide companionship for elderly and homebound individuals. But a state commission is calling for such businesses to be integrated into the regulatory system by creating a process to license and oversee their operations. In a report, the panel called for setting up a new licensing and oversight system similar to those in place in California and 30 other states that regulate the industry. https://tinyurl.com/StateOversightOfHomeCare</p>
Housing	<p>28. Boston Herald January 11, 2022 <i>Could suburban strip malls be the solution to Massachusetts' housing shortage?</i> [June Williamson, an architecture professor at the City University of New York] argued that retrofitting [suburban strip malls] into modern complexes with less parking and more housing and green space could reduce car dependence and increase walkability, improve public health, make neighborhoods safer and increase housing stock. . . [An] analysis . . . found over 3,000 potential sites that sit on almost 14 square miles, with the average city or town within the metro Boston area hosting 71 acres of land dedicated to strip malls. Almost 900 of the potential sites are also located near MBTA transit. https://tinyurl.com/StripMallsHousing</p> <p>29. *Wall Street Journal January 10, 2022 <i>'Magic' Multigenerational Housing Aims to Alleviate Social Isolation</i></p>

Two co-living communities set to break ground this year seek to address loneliness, as well as the caregiving and affordable-housing shortages, in the U.S. . . . The U.S. is facing an aging population, a [shortage of caregivers](#), a dearth of [affordable housing](#) and an [increase in social isolation](#) that threatens well-being. Some think what we really need is Magic. That is, multi-ability, multigenerational, inclusive co-living, or communities where young and old, families and singles, live side by side, supported by inclusive design, technology, and neighbors. Rethinking community in this way could reshape how and where older adults and people with disabilities live and receive care, while building symbiotic relationships between people of all ages, supporters say. Magic is the brainchild of geriatrician William Thomas, who spent decades working to improve long-term care. Spurred by a belief that segregating older adults, as well as people with special needs, negatively impacts their well-being, Dr. Thomas co-founded Kallimos Communities to develop neighborhoods based on Magic principles. Groundbreaking is expected to begin in the second half of 2022 on two neighboring 7.5-acre communities in Colorado—the first of what he hopes will be many across the country. . . . Intentional intergenerational models exist in small pockets around the country, where preschools operate in assisted living facilities, and on a grand scale in Singapore, he says, where [the government is spending \\$2.4 billion](#) to build three-generation flats and housing developments that have space for both elder care and child care. Creating new communities, rather than offering services in existing ones, faces special challenges, including startup costs and getting people to move into them. About 70% of adults 50 and older want to [“age in place,”](#) remaining in their homes for the long term, according to [a 2021 AARP survey](#) of nearly 3,000 U.S. adults. <https://tinyurl.com/MagicMultigeneratiionalHousing>

30. UpRise RI

January 7, 2022

Public housing in Rhode Island needs a complete overhaul

There is a pressing need for policy makers to consider new ideas for delivering affordable housing. One solution that has been successful in countries outside of the United States is large-scale municipal housing, built and owned by the state. “An over-reliance on the for-profit private sector has led to underinvestment in communities which produce less profit and to state subsidies to developers and landlords, simply to maintain some sense of a social fabric.” Yet, continuing to invest in private-sector to solve the issue of lack of affordable housing has been an expensive band-aid which has [been completely inadequate](#) for ameliorating the problem.

<https://tinyurl.com/PublicHousingOverhaul>

31. National Center on Law and Elder Rights

October 2021

Connecting Older Adults to Emergency Rental Assistance Programs

More than 3.5 million renter households nationwide are at risk of eviction from their homes due to the economic hardship brought on by the pandemic, and many of these households facing eviction include older renters. According to the most recent U.S. Census Household Pulse Survey, 40% of older renter households reported that they were “very likely” or “somewhat likely” to face eviction in the next two months. Older Black and older Latino renters also make up a disproportionate share of older renters behind in their rental payments.

	<p>https://tinyurl.com/ConnectingToRentalAssistance</p> <p>32. National Center on Law and Elder Rights February 18, 2021 <i>Preventing Eviction During the Ongoing Covid-19 Crisis and Beyond</i> While a patchwork of federal, state, and local eviction protections has managed to stave-off the feared "tsunami" of evictions, more than 10 million tenants are delinquent in rent and many others are still uncertain about their ability to pay rent going forward. Older adult renters face particular housing affordability challenges and high rental cost burdens. With vaccines now in distribution, it is uncertain how much longer eviction restrictions will remain in effect. Advocates need to prepare to assist a large number of tenants saddled with arrearages, or tenants who have already been evicted and are seeking to move into new housing despite eviction records or unpaid landlord-tenant debts. This webinar will touch on the main challenges advocates face in helping tenants remain housed throughout the final months of the pandemic, through the expiration of eviction protections, and into the post-pandemic period. Panelists will discuss:</p> <ul style="list-style-type: none"> • The CDC moratorium and other federal eviction restrictions; • Forthcoming rental assistance funds; • Negotiating with landlords on rent arrearages; and • Obtaining new housing despite negative rental history associated the pandemic. <p>Speakers: Eric Dunn, Director of Litigation, National Housing Law Project Patti Prunhuber, Senior Housing Attorney, Justice in Aging https://tinyurl.com/NCLERPreventingEvictions</p>
Behavioral Health	<p>33. *Wall Street Journal January 9, 2022 <i>The Metaverse's Effects on Mental Health: Trivial or Troubling?</i> Silicon Valley wants to create an immersive virtual world. Is that good or bad news for our well-being? Some tech and mental-health experts say that every new technology—from radio to television to videogames—sparked fears that it would untether users from reality, isolate them or make them violent. These concerns were largely unfounded, they say, pointing to research showing that genetics, socioeconomic contexts, and other factors influence people's well-being more. The metaverse, they say, is no different—it is only a matter of time before we seamlessly integrate it into our lives. Others, however, argue that the metaverse is so revolutionary that it will alter the fabric of society, with profound consequences for our mental health. https://tinyurl.com/MetaverseMentalHealth</p>
Alzheimer's / Dementia	<p>34. UsAgainstAlzheimer's Brain Health Partnership Thursday, January 27, 2022, 1:00 p.m. <i>The New Alzheimer's Prevention National Goal - Why It Matters and What Is Next</i> Join an UsAgainstAlzheimer's Brain Health Partnership meeting on January 27 to discuss the recent and tremendous victory realized by the Alzheimer's community--making the prevention of Alzheimer's and related dementia a national priority. Secretary Xavier Becerra added a sixth goal to the National Alzheimer's Plan: Accelerate Action to Promote Healthy Aging and Reduce Risk Factors for Alzheimer's Disease and Related Dementias (ADRD). The goal identifies clear</p>

strategies in research, public health, and clinical practice to achieve this goal. During this meeting we will discuss the goal and how the community can work together to make the goal successful in reducing the prevalence of Alzheimer's risk factors by 15% in a decade.

Registration: <https://tinyurl.com/BrainHealthWhyItMatters>

35. STAT News

January 11, 2022

Medicare plans to restrict access to controversial, pricey Alzheimer's drug Aduhelm to patients in clinical trials

The [proposed move](#) would likely mean some patients will not be able to access the Biogen drug, which is the first Alzheimer's treatment approved in nearly two decades. Since it got the green light this summer, doctors and scientists have raised questions about whether it actually works, government watchdogs have begun investigating whether the Food and Drug Administration followed proper procedure to approve it, and policy experts have questioned whether it is effective enough to justify its hefty price tag. . .

Medicare officials specifically stated that the clinical trials must be conducted in a hospital-based outpatient setting. However, a number of prominent hospitals and academic medical centers have [refused to administer](#) the drug at all.

Medicare will also limit those who can get the drug to people who have mild forms of cognitive impairment or mild dementia, and who have amyloid plaques, the proteins Aduhelm is designed to target, in their brain. The patient population is narrower than the one the FDA approved the drug to treat, as the FDA did not require proof of amyloid plaques. . .

Sean Tunis, a principal at Rubix Health who helped develop the CED process during his tenure at the Centers for Medicare and Medicaid Services, said the proposal is almost as restrictive as if Medicare had decided not to cover the drug at all.

Medicare, he estimated, would pay for drug costs for perhaps a few thousand patients that enroll in randomized trials over the next three to five years.

<https://tinyurl.com/MedicareRestrictAduhelm>

36. *Washington Post

January 11, 2022

Medicare proposes covering expensive drug for early-stage Alzheimer's, but with restrictions that will sharply limit use

The draft decision from the Centers for Medicare and Medicaid Services (CMS) means the program would cover Aduhelm and similar drugs in development — monoclonal antibodies that target beta amyloid, a sticky substance in the brain — only in studies approved by CMS or supported by the National Institutes of Health. CMS almost never demands such trials for a drug already approved by the Food and Drug Administration.

<https://tinyurl.com/MedicareProposesCoverage>

37. STAT News

January 10, 2022

Becerra orders Medicare to reconsider premium hike following price drop for Biogen's Aduhelm

WASHINGTON — Department of Health and Human Services Secretary Xavier Becerra on Monday took the highly unusual step of ordering Medicare to reconsider a historic hike in premiums after Biogen slashed the price for its controversial Alzheimer's drug in half. . .

It is highly unusual for Medicare to make changes to premiums after a plan year

	<p>has begun, multiple Medicare policy experts said. Normally, if Medicare has extra premium funds, officials factor that into the next year’s premium calculations. . . The final coverage decision, which is scheduled to be released by April 12, could cause significant changes in how much Aduhelm could cost the Medicare program, depending on how much patient access is restricted by diagnostic test results, which physicians could prescribe the drug, or other limitations. https://tinyurl.com/ReconsiderPremiumHike</p> <p>38. *STAT + January 10, 2022 <i>A looming decision on Medicare coverage for Biogen’s Alzheimer’s drug could shock state Medicaid programs</i> If Medicare reacted to the highly questionable approval by withholding or restricting coverage, Medicaid would be left holding the proverbial bag, because by law it must cover drugs endorsed by the Food and Drug Administration. . . Should Medicare decline coverage, state and federal Medicaid spending would increase \$2.6 billion, or about 250% nationally, and some states could see spending rise as much as 500%, according to the National Association of State Medicaid Directors, which based its forecasts on a survey of 19 states. . . “If Medicare says no to Aduhelm, state Medicaid programs will assuredly put in place limitations, but the question is what limitations are acceptable? Right now, that’s an unknowable thing,” argued Matt Salo, executive director of the National Association of Medicaid Directors. “It’s a perfect example in terms of disconnect in public policy (given that the Department of Health and Human Services oversees both CMS and the FDA.) There’s no objective reason why Medicare can have more leeway to look at a drug, but the Medicaid program does not get the same tools and ability to make the same decisions. It could cost us a lot and really calls into question the rules of the road for both programs.” https://tinyurl.com/ShockStateMedicaid</p>
Workforce / Caregiving	<p>39. *Washington Post January 13, 2022 <i>Biden to announce deployment of military medical teams to an additional 6 states in response to a surge in omicron cases</i> [T]he federal government is deploying personnel to New York, New Jersey, Ohio, Rhode Island, Michigan, and New Mexico to help hospitals struggling to respond to the spike in coronavirus omicron variant cases, according to a White House official. . . Since Thanksgiving, more than 800 military and other federal emergency personnel have already been deployed to 24 states, tribes and territories, the official said. That includes more than 350 military doctors, nurses and medics helping staff hospitals. https://tinyurl.com/MilitaryMedicalTeams</p> <p>40. Patch January 12, 2022 <i>South Shore Hospital Nurse: 'We're Burnt Out'</i> As of Monday, 121 of South Shore Hospital's 396 beds were occupied by coronavirus patients, including 10 patients in intensive care. . . While the new policy bars visitors to adult inpatient units and limits the pediatric patients to one parent or guardian in most cases, there are exceptions to the new rules, including end-of-life care, discharge teaching, Goals of Care Meetings, attorneys, and designated support persons for patients with a disability or special</p>

	<p>needs. https://tinyurl.com/SSHWereBurntOut</p>
<p>Elder abuse / equity</p>	<p>41. National Center on Law and Elder Rights December 1, 2021 <i>Advancing Equity for Older Adults, Part 2: Putting Strategies into Practice</i> This is a follow up to the first webinar, <i>Advancing Equity for Older Adults, Part 1: An Introduction to Advancing Equity in Legal and Aging Services</i>, presented on October 28th. It is not necessary to have attended the first training, but attendees are encouraged to watch the recording for an introduction to equity and racial justice for older adults. This webinar will apply principles and strategies to effectively advance equity in legal and aging services. Presenters from legal assistance and elder rights programs will describe the steps they have taken to center equity, with a focus on race equity, in their work, as well as lessons learned and promising practices for staffing, process, and evaluation. Attendees will receive actionable steps they can take and will learn about tools that advocates can incorporate in their own work to advance equity for older adults and serve those with the greatest social and economic need. Panelists will share their experience and will be available to answer questions from the audience. Presenters: -Denny Chan, Directing Attorney for Equity Advocacy, Justice in Aging -Archie Roundtree, Equal Justice Works Fellow - Elder Justice Program, Bet Tzedek -Keen Tobar, Director of Race, Equity, and Inclusion, Community Legal Services of Philadelphia Pre-recorded presentation available upon demand https://tinyurl.com/AdvancingElderEquityPart2</p> <p>42. National Center on Law and Elder Rights October 28, 2021 <i>Advancing Equity for Older Adults, Part 1: An Introduction to Advancing Equity in Legal and Aging Services</i> Low-income older adults face a number of challenges grounded in structural racism & other forms of discrimination. As a way to help address those challenges, the Older Americans Act emphasizes that limited program & service resources should be targeted to older adults with the greatest economic or social need. The factors that cause social need include language barriers & isolation caused by racial or ethnic status. Therefore, advancing equity is an important goal in the delivery of aging & legal services to older adults. This inaugural webinar series is focused on how aging & legal services professionals can better advance equity for older adults in their own work. This webinar will:</p> <ul style="list-style-type: none"> • Provide an overview of why equity is important for older adults with economic & social need; • Review different strategies and opportunities to advance equity in legal & aging services; and • Highlight a local program’s journey to centering equity in its work with older adults. Presenters: <ul style="list-style-type: none"> • Denny Chan, Directing Attorney for Equity Advocacy, Justice in Aging • Kimberly Jones Merchant, Director of the Racial Justice Institute and Network, Shriver Center on Poverty Law • Kevin Prindiville, Executive Director, Justice in Aging

	<ul style="list-style-type: none"> • Pamela Walz, Supervising Attorney of the Health and Independence Unit, Community Legal Services of Philadelphia Pre-recorded presentation available upon demand https://tinyurl.com/AdvancingElderEquityPart1 <p>43. National Center on Law and Elder Rights January 21, 2021 <i>Elder Abuse: Prevention, Intervention, and Remediation</i> Everyone who works with older adults has a role to play in prevention, intervention, and remediation of abuse, neglect, and exploitation. Helping starts with understanding the landscape of elder abuse and the service providers and systems involved in addressing abuse. This legal basics training will provide an overview of the fundamentals of abuse, neglect, and exploitation and the signs and signals of abuse that attendees can reference in their daily lives and work. At the end of this training, participants will be able to:</p> <ul style="list-style-type: none"> • Describe the three stages of responses to abuse • Apply basic definitions of abuse, neglect, and exploitation • Identify risk factors or signs of abuse, neglect, or exploitation • Identify the differences between undue influence, exploitation, and fraud • Describe added risks in a time of COVID-19 <p>Presenter:</p> <ul style="list-style-type: none"> • David Godfrey, JD, Senior Attorney, American Bar Association Commission on Law and Aging <p>Pre-recorded presentation available upon demand https://tinyurl.com/NCLERElderAbuse</p>
Covid-19	<p>44. Commonwealth of Massachusetts <i>MMS informational handout for patients about COVID-19 prevention, symptoms, testing, and isolation</i> In light of the latest COVID-19 surge and recent updates to isolation and quarantine guidance, several questions have been raised regarding prevention, symptoms, testing, and when to isolate or quarantine. In response, the Medical Society has developed a one-page document that provides information and responses to frequently asked questions from patients, as well as trusted links to Massachusetts Department of Public Health (DPH) COVID-19 resources. Please click here to view and download the handout for patients and practices. It can also be located on the MMS website.</p> <p>45. Administration on Community Living January 12, 2022 <i>A Vaccine “Cheat Sheet” and More COVID-19 Resources</i> Summary of the latest CDC guidance on vaccines and boosters below. Check the vaccination resources page for the latest guidance and resources. https://tinyurl.com/ACLCovidCheatSheet</p> <p>46. Massachusetts Department of Public Health January 12, 2022 <i>Updated clinical guidance on COVID-19 therapeutics</i> The Massachusetts Department of Public Health (DPH) has updated its clinical guidance document on therapeutic treatments for COVID-19. The January 12, 2022 guidance replaces the previous guidance issued on December 23, 2021. The document provides information for health care providers on the use of therapeutics to treat individuals with mild-to-moderate COVID-19 who do not require hospitalization. Given the substantial levels of community transmission of</p>

COVID-19 across the Commonwealth and constrained supply of therapeutic treatments, DPH encourages providers to review the document and utilize it to support clinical decision-making.

<https://tinyurl.com/DPHTherapeuticsCovid>

47. Wall Street Journal

January 12, 2022

U.S. Seeks to Boost Availability of Covid-19 Treatments as Hospitalizations Rise
In U.S. and Europe, authorities fear pressure on hospitals from the volume of Omicron cases

White House officials on Wednesday are expected to outline steps the administration has taken to try to speed up the availability and access to Covid-19 treatments such as antivirals that have been in short supply amid a surge of cases of [the Omicron variant](#).

The drugs, including Pfizer Inc.'s [Paxlovid](#), are expected to play a critical role keeping people out of hospitals, but are in limited supply.

Officials are set to outline how they worked with Pfizer to accelerate the clinical-trial process to shave seven months off the original timeline for concluding testing, according to a person familiar with the planning. The trial results were available late last year, about seven months earlier than the original planned timeline, the person said.

<https://tinyurl.com/USBoostsAvailability>

48. CNN

January 12, 2022

The highly contagious Omicron variant will 'find just about everybody,' Fauci says, but vaccinated people will still fare better

As [the Omicron variant](#) spreads like wildfire [across the United States](#), it's likely just about everybody will be exposed to the strain, but vaccinated people [will still fare better](#), the nation's leading infectious disease expert said Tuesday. . .

Across the United States, at least one in five eligible Americans -- roughly 65 million people-- are not vaccinated against Covid-19. More than 62% of the country has been fully vaccinated, but only 23% are fully vaccinated and boosted, according to [data](#) from the US Centers for Disease Control and Prevention.

<https://tinyurl.com/FinfJustAboutEverybody>

49. Patch

January 12, 2022

MA Coronavirus: Hospitalizations Top 3K, Positive Rate Drops

Amid some hope that dramatically lower virus levels found in wastewater samples in recent days could forecast the waning of the omicron spike, came a reminder of the pressure staff-strapped hospitals remain under across the state.

Coronavirus-related hospitalizations topped 3,000 in Wednesday's report from the state Department of Health for the first time during the latest surge. The 3,087 reported hospitalizations are an increase from 2,790 reported on Tuesday.

<https://tinyurl.com/HospitalizationsTop3K>

50. Commonwealth of Massachusetts

January 10, 2022

Baker-Polito Administration Launches Tool for Residents to Access COVID-19 Digital Vaccine Card

"My Vax Records" Provides New Option to Access Vaccine History and QR Code to Verify COVID-19 Vaccination.

The electronic record shows the same information as a paper CDC vaccine card:

	<p>name, date of birth, date of vaccinations, and vaccine manufacturer. . . Access the new tool at MyVaxRecords.Mass.Gov. https://tinyurl.com/BakerLaunchesTool</p> <p>51. The Hill January 10, 2022 <i>Biden officials require insurers to cover eight at-home tests per month</i> Under the policy, insurers will be required to cover the cost of eight at-home COVID-19 tests per person each month. . . Despite the new rules, there is still the issue of whether at-home rapid tests will be in stock and on store shelves for people to buy in the first place given that finding the tests has often been difficult amid the omicron wave. https://tinyurl.com/8AtHomeTests</p> <p>52. *Washington Post January 9, 2022 <i>Covid led to smell problems for many. Seniors are especially vulnerable.</i> Young and old alike are affected — more than 80 to 90 percent of those diagnosed with the virus, according to some estimates. While most people recover in a few months, 16 percent take half a year or longer to do so, research has found. According to new estimates, up to 1.6 million Americans have chronic smell problems because of covid-19, the disease caused by the coronavirus. Seniors are especially vulnerable, experts say. . . [B]ecause the ability to detect, identify and discriminate among odors declines gradually, most older adults — up to 75 percent of those with some degree of smell loss — don't realize they're affected. https://tinyurl.com/SmellProblems</p>
<p>Soldiers' Home / Veteran Services</p>	<p>53. The Sheridan Press January 12, 2022 <i>Stick at it: VA, local coffee shops team up for veteran suicide prevention sticker campaign</i> Veteran suicide, Sheridan VA officials explained, is a troublingly common phenomenon. Statistically, 17 veterans die by suicide every day, 11 of whom — or 64% — haven't engaged with the VA at all, said Kayla Stevens, a member of the VA's suicide prevention team. . . In the process of creating a veteran-friendly coffee shop, Kuntz said he has been approached by people in need of veterans' services. After Sheridan VA officials asked him to participate in the #ReachOut2Me sticker campaign, Kuntz said he was eager to work with them and glad to have a VA facility proactively seeking to improve veterans' mental health. https://tinyurl.com/StickAtIt</p> <p>54. NPR January 5, 2022 <i>The oldest living American veteran of World War II dies at 112</i> Lawrence Brooks, the oldest known living American veteran of World War II, died early Wednesday morning, according to the National World War II Museum. He was 112. . . Born in 1909, Brooks was one of 15 children and was raised in rural Louisiana and Mississippi. He was drafted into the U.S. Army a few weeks after the attack on Pearl Harbor at age 31 when the military was still racially segregated. . . Brooks spent his time during the war serving with the largely African American 91st Engineer Battalion, stationed in Australia, New Guinea, and the Philippines. For much of that time, Brooks was a driver, valet and cook for three officers, two</p>

	<p>lieutenants and a captain, the Army Times reported. He also helped build bridges, roads, and airstrips. Eventually he earned the rank of Private 1st Class. . .</p> <p>When asked the secret to his longevity and long-lasting good health, Brooks had a simple piece of advice: "Be nice to people." https://tinyurl.com/OldestAmericanVeteranDies</p> <p>55. *Washington Post January 3, 2022 <i>These female vets were ready for civilian life. It was harder than they thought.</i> Now, they're involved in veterans' organizations to help other women like them. For women who have left military service, 40 percent report searching a year or more before being able to secure stable employment. This is in sharp contrast to their male colleagues, less than 20 percent of whom say they looked more than a year, according to the Institute for Veterans and Military Families. . .</p> <p>Among veterans, IVMF reported that the average annual earnings for women is roughly \$56,760, while men earn \$76,703 on average.</p> <p>Scott said that many women are inclined — sometimes even encouraged — to accept lower-paying jobs, such as retail, social assistance, or education, when they leave the military, because that's often what they're offered. . .</p> <p>While for some female veterans post-military life is a struggle for recognition and career fulfillment, for others, the difficulties they face in the job market can be dire. Veterans Affairs found that women make up the fastest-growing segment of the veteran homeless population, and veterans who are single mothers face compounded financial struggles. https://tinyurl.com/FemaleVetsCivilianLife</p>
Disability	<p>56. *Washington Post January 9, 2022 <i>ADA knowledge lacking among many physicians</i> [D]o doctors understand their legal obligations under the law — and are they doing all they can to accommodate patients with disabilities? In a word: No. That's the message of a study in Health Affairs that points to significant knowledge gaps among the providers — and suggests that nearly three-quarters of outpatient physicians don't understand how to accommodate their patients' disabilities. . .</p> <p>The study "raises troubling questions about healthcare quality and equity," says the paper's lead author, Lisa I. Iezzoni of the Mongan Institute's Health Policy Research Center at MGH [and member of Dignity Alliance Massachusetts]. The researchers call for more rigorous training in disability and civil rights at all junctures of medical education. In another study using the survey, they found that more than four-fifths of physicians surveyed said that people with disabilities have a worse quality of life than those without disabilities. Those implicit biases, they write, could constitute a "hidden curriculum" that in turn influences trainees — and affects patients. https://tinyurl.com/ADAKnowledgeLacking</p> <p>57. *Wall Street Journal January 7, 2022 <i>Startups Aim to Broaden the Market for Sexual-Health Devices</i> Companies are starting to develop products that cater to customers with disabilities. . .</p> <p>When it comes to sexual health, the medical community remains behind in meeting their needs, disability advocates say. Many doctors are uncomfortable talking about sex, particularly with their patients with disabilities. Stigma is partly to</p>

	<p>blame, but there has also been a dearth of products available to help, and only a few devices that are covered by insurance. . .</p> <p>The Bump’n Joystick, which will be available in early 2022 for \$249, is a bendable cylinder with an extension for various attachments. It is designed for people who struggle with small motor functions. They can hug the joystick and move the device into position with their arms and legs. . .</p> <p>https://tinyurl.com/MarketSexualHealth</p> <p>58. WGBH</p> <p>December 16, 2021</p> <p><i>A new state commission aims to unite the diverse disability community</i></p> <p>The last major advancement in disability rights — the Americans with Disabilities Act — was signed into law more than 30 years ago. Longtime advocate [and Dignity Alliance Massachusetts member] Paul Spooner remembers that historic moment, and says his life is “100% better because of the ADA.” But he emphasizes there's much more to do. While there has been some progress in recent years, disability advocates want to build on the momentum of the social justice reckoning that rippled through America last year to enact change in Massachusetts. Part of that work will be undertaken by the newly formed Commission on the Status of Persons with Disabilities, established by a 2020 law that aimed to expand equity and racial justice in Massachusetts. Historically, work on disability policy across the commonwealth has been fragmented, according to Spooner. He and other advocates believe the state commission presents an opportunity to unify efforts. . .</p> <p>According to the commission’s first yearly report filed in October, 11.6% of Massachusetts residents ages 18-64 live with a disability. That includes a broad range of people, some of whom have multiple disabilities. Nearly half of the people in this group have ambulatory disabilities, 40% have cognitive disabilities and 38% have disabilities that affect their ability to live independently. . .</p> <p>The commission is still getting up and running. Garlick said it was important to spend time establishing value statements to emphasize the “holistic” life experience of people with disabilities. Those statements include “disability is a natural part of the human experience,” “disability can develop at any point during an individual’s lifetime and have varying impacts” and “successful disability policy embraces the ‘nothing about us without us’ principle.”</p> <p>https://tinyurl.com/DiverseDisabilityCommunity</p>
Longevity	<p>59. *New York Times Magazine</p> <p>January 12, 2022</p> <p><i>The Joys (and Challenges) of Sex After 70</i></p> <p>Sex can drop off in our final decades. But for those who keep going, it can be the best of their lives. . .</p> <p>There’s a poignant paradox about older people and sex. As our worlds get smaller — work slows down or ends, physical abilities recede, traveling gets more challenging, friendship circles narrow as people die — we tend to have more time and inclination to savor the parts of our lives that are emotionally meaningful, which can include sex. But because bodies change, good sex in old age often needs reimagining, expanding, for example, to include more touching, kissing, erotic massage, oral sex, sex toys. Older people get little guidance about any of this. Realistic portrayals in the media are rare, especially in the United States. Some couples therapists don’t talk about sex with their clients. Many primary-care doctors don’t raise the topic either. . .</p>

A subset of older people who are having lots of sex well into their 80s could help shape those conversations and policies. In the New England Journal of Medicine study, though just over a quarter of participants ages 75 to 85 said they had sex in the last year, more than half that group had sex at least two to three times a month. And almost one-quarter of those having sex were doing it once a week — or more. Along with pleasure, they may be getting benefits that are linked to sex: a stronger immune system, improved cognitive function, cardiovascular health in women and lower odds of prostate cancer. And research — and common sense — suggests, too, that sex improves sleep, reduces stress, and cultivates emotional intimacy.

<https://tinyurl.com/JoysChallengesSexOver70>

60. *Wall Street Journal

January 12, 2022 (updated)

Five Inventions to Help Us Live Better, Longer

From spoons that make food taste better to a brooch that listens for loneliness, researchers are developing tech to improve old age. . .

A headset to boost vision

The risk of developing eye conditions [increases with age](#), according to the National Institute on Aging, but [wearable devices could help diagnose vision problems](#) and make up for waning eyesight.

A spoon that recreates saltiness

People’s ability to taste starts to [decrease around age 60](#), research shows. Among the elderly, some medicine can further dull the sense, according to research published in the Nutrients journal last year. In the future, an aging population could rely on smart utensils to improve their sensory experiences.

A hearing aid for health

Loss of hearing is prevalent among people over age 70, research shows. Hearing aids, once obtrusive and meant to fulfill one task—amplifying sounds—are now getting smaller and [packing in new technologies and functions](#). Companies such as Whisper and Starkey are [outfitting devices with artificial-intelligence-powered software](#) that they say makes them better at turning down background noise and amping up speech in busy environments, which scientists say are challenging for people with hearing impairment. Hearing aids could also one day double as digital assistants, connecting with smart glasses and whispering the names of meeting participants to the wearer, for instance, says Brent Edwards, the director of National Acoustic Laboratories, a public research body in Australia.

A brain implant to smell again

No existing technology can make up for loss of smell, which research shows is common among older people. Researchers at Virginia Commonwealth University are working to change that.

Their system uses [an electronic “nose,”](#) a small sensor that translates the chemical makeup of odors it detects and converts them into electric signals. Those signals are sent to electrodes that are implanted into the part of the brain that identifies smells.

A brooch to fight solitude

The [loneliness and isolation](#) that often [come with aging](#) has been linked to high blood pressure, heart disease, cognitive decline and death. Could wearing a brooch or lapel pin help?

Researchers at RMIT University and Bolton Clarke, which provides residential care for older people, both based in Australia, designed a wearable listening device that

	<p>detects how many words the wearer is speaking https://tinyurl.com/FiveInventionsToHelp</p> <p>61. *Wall Street Journal January 11, 2022 <i>Can You Fight Aging? Scientists Are Testing Drugs to Help</i> A magic pill that boosts life expectancy to 150 years isn't likely, but an increase in the average lifespan for men and women is conceivable. Will people eventually routinely live—and live healthily—longer? That's the vision of the burgeoning field of aging research, where scientists are trying to extrapolate tantalizing life-prolonging findings from animal experiments into medicines that slow, prevent or even reverse the aging process for humans. Leading candidates for stanching aging include two familiar drugs—metformin, a front-line diabetes treatment, and rapamycin, long used to prevent transplant patients from rejecting donated organs. Both have been shown to increase longevity in animal studies and both target molecular processes linked to the aging of cells. Another approach is a new class of drugs called senolytics, which clear the body of so-called senescent cells, old cells that stop dividing but don't die. They accumulate in tissues throughout the body and secrete factors that damage other cells. They are linked to such aging conditions as frailty, cognitive impairment, and lack of physical resilience. . . Medicine's leading killers—cardiovascular disease and stroke, cancer, Alzheimer's disease, and diabetes—as well as such conditions as arthritis and osteoporosis generally develop later in life. Scientists have found they also share certain biological hallmarks of aging, including changes to cellular powerhouses called mitochondria, senescence and other processes related to genetic functions, cellular nutrition, metabolism, and damage repair. The hope is that any medicines that might slow or rejuvenate these processes will reduce the risk of a variety of diseases of aging all at once. That could extend not only the lifespan, but the time people live without debilitating chronic ailments—what researchers call the health span. . . The plan for the six-year study, which hasn't launched yet because of the Covid-19 pandemic, is to enroll 3,000 men and women aged 65 to 80 at 14 centers around the U.S. and randomize them to either 1,500 milligrams a day of metformin or a placebo. Researchers will track them until their first major age-related disease outcome, perhaps a heart attack or a dementia diagnosis, says Nir Barzilai, director of the Einstein Institute for Aging Research at Albert Einstein College of Medicine, New York, and principal investigator for the study. The hope is to show a delay in major age-related events and associated beneficial changes in biomarkers of aging in the participants treated with metformin. https://tinyurl.com/CanYouFightAging</p>
End of Life	<p>62. *Boston Globe January 7, 2022 (updated) <i>No one should die alone</i> An exodus of hospice care workers has highlighted working conditions, burnout, and low wages. The time to reform end-of-life care is now. {A}s the pandemic has raised awareness about the harms of isolation and the importance of end-of-life care, access to hospice is under threat. Hospice is a holistic model of care that prioritizes quality of life for terminal patients and their families. It includes pain management, homemaker services, and</p>

	<p>spiritual and grief counseling. It's often provided in patients' homes. Hospices are required to incorporate volunteers, like me, into their care team. Volunteers help support patients' well-being through activities like massage and art therapy. To receive hospice care, a patient must have a life expectancy of six months or less. However, patients often receive hospice care for much less time — the average is 88 days. And more than half of patients who receive hospice are enrolled for 30 days or less. The delay in enrollment stems from complex factors, including denial about the approach of death and lack of awareness of hospice care. https://tinyurl.com/GlobeNoOneShouldDieAlone</p>		
	*May require registration before accessing article.		
Dignity Alliance Massachusetts Legislative Endorsements	<p>Information about the legislative bills which have been endorsed by Dignity Alliance Massachusetts, including the text of the bills, can be viewed at: https://tinyurl.com/DignityLegislativeEndorsements</p> <p>Questions or comments can be directed to Legislative Work Group Chair Richard (Dick) Moore at rmoore8473@charter.net.</p>		
Websites	<p>CMS Nursing Home Resource Center https://www.cms.gov/nursing-homes</p> <p>The latest resources and guidance for people in nursing home and their caregivers</p>		
Previously recommended websites	The comprehensive list of recommended websites has migrated to the Dignity Alliance MA website: https://dignityalliancema.org/resources/ . Only new recommendations will be listed in <i>The Tuesday Digest</i> .		
Previously posted funding opportunities	For open funding opportunities previously posted in <i>The Tuesday Digest</i> please see https://dignityalliancema.org/funding-opportunities/ .		
Nursing Home Closures	<p>Stonehedge Rehabilitation and Skilled Care Center 5 Redlands Road West Roxbury, MA, 02132</p> <ul style="list-style-type: none"> Scheduled to be closed by February 10, 2022 Notice of Intent to Close and Draft of Closure Plan (PDF) (DOC) DPH Comments on Draft of Closure Plan (PDF) (DOC) Stonehedge Response to DPH Comments on Draft of Closure Plan (PDF) (DOC) DPH Approval of Closure Plan (PDF) (DOC) <p>Closure Notices and Relocation Plans available at: https://tinyurl.com/MANursingHomeClosures</p>		
Websites of Dignity Alliance Massachusetts Members	See: https://dignityalliancema.org/about/organizations/		
Access to Dignity Alliance social media	<p>Email: info@DignityAllianceMA.org Facebook: https://www.facebook.com/DignityAllianceMA/ Instagram: https://www.instagram.com/dignityalliance/ LinkedIn: https://www.linkedin.com/company/dignity-alliance-massachusetts Twitter: https://twitter.com/dignity_ma?s=21 Website: www.DignityAllianceMA.org</p>		
Participation opportunities with Dignity Alliance Massachusetts	Workgroup	Workgroup lead	Email
	General Membership	Bill Henning Paul Lanzikos	bhenning@bostoncil.org paul.lanzikos@gmail.com
	Behavioral Health	Frank Baskin	baskinfrank19@gmail.com
	Communications	Pricilla O'Reilly	prisoreilly@gmail.com

<p>Most workgroups meet bi-weekly via Zoom.</p> <p>Please contact workgroup lead for more information</p>		Samantha VanSchoick	svanschoick@cil.org
	Facilities (Nursing homes, rest homes, assisted living)	Arlene Germain	agermain@manhr.org
	Home and Community Based Services	Meg Coffin	mcoffin@centerlw.org
	Housing	Shaya French	sfrench@bostoncil.org
	Legislative	Richard Moore	rmoore8743@charter.net
	Topical Conversations	Lachan Forrow	lforrow@bidmc.harvard.edu
	Veteran Services	James Lomastro	jimlomastro@comcast.net
<i>The Dignity Digest</i>	<p>For a free weekly subscription to <i>The Dignity Digest</i>: https://dignityalliancema.org/contact/sign-up-for-emails/ Editor: Paul Lanzikos Primary contributor: Sandy Novack, MBA, MSW, LICSW, ACSW, CSW-G MailChimp Specialist: Sue Rorke, MetroWest Center for Independent Living</p>		
Note of thanks	<p>Thanks to the contributors to this issue of <i>The Dignity Digest</i></p> <ul style="list-style-type: none"> • Lisa Iezzoni, MD • Dick Moore <p>Special thanks to Paul Spooner with the MetroWest Center for Independent Living for assistance with the website and MailChimp versions of <i>The Dignity Digest</i>. <i>If you have submissions for inclusion in The Dignity Digest or have questions or comments, please submit them to paul.lanzikos@gmail.com.</i></p>		
<p><i>Dignity Alliance Massachusetts is a broad-based coalition of organizations and individuals pursuing fundamental changes in the provision of long-term services, support, and care for older adults and persons with disabilities.</i></p> <p><i>Our guiding principle is the assurance of dignity for those receiving the services as well as for those providing them.</i></p> <p><i>The information presented in "The Dignity Digest" is obtained from publicly available sources and does not necessarily represent positions held by Dignity Alliance Massachusetts.</i></p> <p><i>Previous issues of The Tuesday Digest and The Dignity Digest are available at: https://dignityalliancema.org/the-tuesday-digest/</i></p> <p><i>For more information about Dignity Alliance Massachusetts, please visit www.DignityAllianceMA.org.</i></p>			