

Juniper

Network News

March 2024

Dear Providers,

We have some exciting news to share! We sent a mailing to about 600 falls class participants to gather data around the lasting impact of our classes. We were hoping for around 40 responses.

Well, we achieved that goal—and MORE. We have received 267 responses.

This is fantastic news; we will have lots of data to analyze. This will help us make a stronger case for our potential partners/payers and will augment the information we presented in our white paper.

If you are attending the Minnesota Gerontological Society conference in April, please stop by our booth and pick up a small gift from us for Juniper Network members only. Please join us for one of our Regional Juniper Provider meetings being held in March and April. We will be discussing the Community Care Hub model and hope to see you there!

In gratitude,

Rachel and Stacy

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MN Legislative Task Force on Aging Testimony

On March 8th Renee Bymark, executive director at ElderCircle, testified before the Legislative Task Force on Aging about the importance and challenges of serving older adults in greater Minnesota. [Watch Renee's testimony.](#)

The same day, Dawn Simonson, president of Trellis, testified on the importance and impact of a community care hub like Juniper to deliver social care services efficiently and sustainably. [Watch Dawn's testimony.](#)

Further reading on community care hubs:

- <https://www.whitehouse.gov/wp-content/uploads/2023/11/SDOH-Playbook-3.pdf>
- <https://www.healthaffairs.org/content/forefront/improving-health-and-well-being-through-community-care-hubs>

Legal Form Reminders

We've noticed some mistakes with legal form documentation and wanted to provide reminders for the whole network.

- Please be sure you are using the current legal forms. The language changed as of January 1, 2024. The old liability waiver was specific to a class. The new waiver will apply to all the classes a participant may take over the course of a year. Updated forms are available under the class materials for each class on the provider toolkit at <https://toolkits.yourjuniper.org/class/class-materials/> (password: juniperNOW).
- Do not re-upload insurance authorizations and liability waivers that are already uploaded into yourjuniper.org. Re-uploading the document will create a new and incorrect upload and expiration date. Wait until the form has expired (12 months have passed since original upload) and then ask the participant to sign them again as needed.
 - EXAMPLE: If a liability waiver was signed and uploaded on 1/4/24, and that participant signed up for another class that starts 3/20/24, do not re-upload the form uploaded 1/4/24. That form is in good standing until 1/3/25. Reuploading it will create a new upload date for that document of 3/20/24. That upload date will be incorrect for the form signed 1/4/24 causing a potential gap in legal form coverage.
- If you don't have a signed legal form for a participant, do not upload a blank document or unsigned document in its place. Just mark the participant as "did not attend."

Legal Form training video: <https://www.youtube.com/watch?v=ZPNFILbaaJo>

Interested Host Sites

Ebenezer Ridge Point apartments in Burnsville, MN is interested in hosting a Matter of Balance class. This building has residents who have Juniper as a benefit (MSHO members). If you are interested, please reach out to Victoria Sliva at Victoria.sliva@fairview.org or 952-898-2052.

Columbia Heights Library has requested a Powerful Tools for Caregivers class. If you are interested in providing this training, please contact Elizabeth directly. They may have an honorarium that they can use to contribute to class cost.

Elizabeth Ripley | Adult Services Librarian
[City of Columbia Heights](https://www.cityofcolumbiaheights.org/) | Library
3939 Central Ave NE | Columbia Heights, MN 55421
eripley@columbiaheightsmn.gov
Main: 763-706-3690 | Direct: 763-706-3681

Diabetes Alert Day

March 26, 2024, is Diabetes Alert Day, a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding risk factors. Prediabetes is where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. More than 1 in 3 adults have prediabetes, and of that group 80% don’t know they have it. Prediabetes increases your risk of developing type 2 diabetes, heart disease, and stroke.

Here are some ideas for social media if you would like to help raise awareness on March 26th. These ideas come from our friends at the Minnesota Department of Health.

Facebook: Today is #DiabetesAlertDay! Be your own hero: change the outcome and prevent or delay type 2 diabetes. Act now by taking the 1-minute prediabetes risk test at

DolHavePrediabetes.org. <https://www.youtube.com/watch?v=KUz8MNxFR8w>

Learn more about the CDC’s Diabetes Prevention Program at <https://yourjuniper.org/programs-classes/live-well/diabetes-prevention-program/>.

LinkedIn: Today is #DiabetesAlertDay! Be your own hero: change the outcome and prevent or delay type 2 diabetes. Act now by taking the 1-minute prediabetes risk test at

DolHavePrediabetes.org.

Learn more about the CDC’s Diabetes Prevention Program at <https://yourjuniper.org/programs-classes/live-well/diabetes-prevention-program/>.

Instagram: Today is #DiabetesAlertDay! Be your own hero: change the outcome and prevent or delay type 2 diabetes. Act now by taking the 1-minute prediabetes risk test at

DolHavePrediabetes.org.

Learn more about the CDC’s Diabetes Prevention Program at <https://yourjuniper.org/programs-classes/live-well/diabetes-prevention-program/>.

Threads: Today is Diabetes Alert Day! Be your own hero: change the outcome and prevent or delay type 2 diabetes. Act now by taking the 1-minute prediabetes risk test at

DolHavePrediabetes.org. <https://www.youtube.com/watch?v=KUz8MNxFR8w>

Learn more about the CDC’s Diabetes Prevention Program at <https://yourjuniper.org/programs-classes/live-well/diabetes-prevention-program/>.

Creative assets for social media can be found at <https://www.adcouncil.org/find-assets?q=prediabetes&t=banner>.

Webinar Series: All About Evidence-Based Programs

Minnesota Department of Health is hosting a webinar series where people can learn more about certain evidence-based health promotion programs. Several Juniper partners will be presenting, including Gail Johnson and Danielle Hawkinson. You can see the full schedule below. Feel welcome to join and learn more about various evidence-based health promotion programs. All webinars will take place between 12 – 1 p.m.

- **March 19:** Program to Encourage Active and Rewarding Lives (PEARLS); featuring Tara Burns, Jewish Family Service of St. Paul. [Register here for the March 19 webinar.](#)
- **March 26:** Tai Ji Quan: Moving for Better Balance; featuring Gail Johnson, Common Bond Communities of St. Paul. [Register here for the March 26 webinar.](#)
- **April 4:** Chronic Disease Self-Management Program and Chronic Pain Self-Management Program; featuring Danielle Hawkinson, from ElderCircle in Grand Rapids. [Register here for the April 4 webinar.](#)

Upcoming Leader Training

Tai Ji Quan: Moving For Better Balance (TJQMBB) One-day Enhanced Training

Tuesday, April 2nd (8:00 - 5:00 Central Time)

Via Zoom

Cost: \$125

Trainer: Dave Fink

Participant requirements: Anyone who has completed the two-day TJQMBB New Instructor training and is seeking to build on their class leading skills.

For registration and information, contact Dave Fink at davefi@earthlink.net or call 612-816-8642.

Tai Ji Quan: Moving For Better Balance (TJQMBB) Two-day New Instructor Training

Tuesday and Wednesday, April 30 & May 1 (8:00 - 5:00 Central each day)

Via Zoom

Cost: \$375 (Note: This class fee will increase to \$400 for classes starting in June and later.)

Trainer: Dave Fink

Participant requirements: Anyone who would like to lead TJQMBB classes in their community or on-line. All are welcome!

For registration and information, contact Dave Fink at davefi@earthlink.net or call 612-816-8642.

Living Well with Chronic Conditions Leader Training

Living Well with Chronic Conditions is a six-week class meets once a week for two and a half hours. Each class includes a new topic designed to help participants dealing with chronic conditions. The class is a combination of presentations, discussion, and activities with others who have similar experiences. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their plan.

Living Well With Chronic Conditions, also known as Chronic Disease Self-Management Program® is an evidence-based program developed by Stanford University and is managed by the Self-Management Resource Center.

This four day leader training includes:

- Easy-to-implement, scripted curriculum
- Experiential, interactive training provided by a team of certified master trainers
- Practiced in group leadership and facilitation.
- Lunch Included.

Class Participants will leave the class fully prepared to co-lead Living Well with Chronic Conditions in groups of up to 12 participants.

Register Now!

VISIT

<https://form.jotform.com/fcnntc/2024LWCCLeader>

CALL

651-204-0904



April 4-5 & April 11-12

8:30 to 4

(4- full days,
must attend all four days.)

April 4-5 ---- VIA ZOOM

April 11-12 ---- In-Person

Waite Park Church

1510 33rd Ave NE,
Minneapolis, MN 55418

Cost

FCNN Affiliates - \$100

Juniper Affiliated Providers - \$300

Other Providers - \$600

FAITH COMMUNITY
NURSE NETWORK
of the Greater Twin Cities



Bridging Faith & Health

Register at: <https://form.jotform.com/fcnntc/2024LWCCLeader>

HCBS Demonstration in Oregon

<https://www.medicaid.gov/sites/default/files/2024-02/or-prjct-independence-appvl-ltr-02132024.pdf>

Key takeaways:

- Oregon has been approved to pilot home and community-based services (HCBS) for Medicaid beneficiaries needing at-home support. The goal seems to be to reduce institutional Medicaid services and keep beneficiaries in the community.
- Multiple HCBS services are included, including EBHP programs. It is a 5-year demonstration ending 1/31/29.
- This could create helpful evidence to create a similar model in Minnesota.

Community Care Hub Pilot in Brooklyn, NY

<https://www.fiercehealthcare.com/health-tech/new-unite-us-driven-payments-solution-social-service-organizations-brooklyn>

Key takeaways:

- A network of 1,000 community service providers in Brooklyn, NY, led by Community Care of Brooklyn (Community Care Hub) is partnering with Unite Us to track and receive reimbursement for social services.
- Community Care of Brooklyn received a grant to fund this pilot. Unite Us is the technology partner. The pilot will run through 2024.
- Pilots like this help with proof of concept. Also, if someone is trying to do what we are doing, it means we are doing something right!

NACDD National DPP Medicaid Community of Practice

March 13th at 12PM Central Time | [Register](#)

This CoP will feature an expert panel who will speak about emerging policies and practice around Medicaid and HRSN, including [Medicaid reimbursement opportunities for HRSN](#) and [Community Care Hubs \(CCH\)](#). We look forward to welcoming leaders from the Centers for Medicare & Medicaid Services (CMS), the Centers for Disease Control and Prevention (CDC), the Administration for Community Living (ACL), and a practice portion of the panel from our MBEP colleagues in Wisconsin.

Thank you!

Thank you for all you do to help people take control of their well-being.
As always, please reach out with any questions or concerns you have.
I speak for the Juniper team when I say we are grateful for your partnership!

