

The Board of Commissioners for the County of Cabarrus met for the 1<sup>st</sup> Quarter Cabarrus Summit 2024 at the Laureate Center in Kannapolis, North Carolina at 6:00 p.m. on Wednesday, October 16, 2024.

Present - Chairman: Stephen M. Morris  
 Vice Chairman: Lynn Shue  
 Commissioners: Kenny Wortman

Also present were Mike Downs, County Manager; Kelly Sifford, Assistant County Managers; Aalece Pugh, Assistant County Manager; Jonathan Weaver, Communication and Outreach Director; and Lauren Linker, Clerk to the Board.

Municipal representatives from Kannapolis, Harrisburg, Mount Pleasant, Midland, Concord, and Locust were also present.

Chairman Morris called the meeting to order at 6:10 p.m.

### Welcome

Chairman Morris welcomed municipal elected officials, city managers and other guests.

### Introductions / Updates

Each mayor/municipal representative provided an update on current and future projects.

### Dinner & Networking/General Discussion

The Board took a dinner break around 6:40 p.m. The meeting resumed shortly afterward.

### Presentations

#### Blue Zones

Asha Rodriguez, Atrium Health Cabarrus Facility Executive, presented a PowerPoint presentation regarding Blue Zones, which included:

- Healthy Communities: Aging and Older Adults
  - Our Why?
  - Enter Blue Zones
    - Who We Are
    - Our Mission
  - What are Blue Zones?
- Power 9
  - Applying the Research
  - Life Radius
    - Policy
    - Places
    - People
  - Blue Zones Transformations
- Our Partners
  - Financial Partners
  - Core Workgroup
  - Key Stakeholders
- Timeline and Next Steps
  - Planning (June - July)
  - Community Assessment (September)
  - Findings & Readout (September - November)
  - Blue Zones Community

Ms. Rodriguez also presented a related PowerPoint presentation titled "Healthy Communities: Aging and Older Adults." Topics included the following:

- Our "Why?"
- Project Identification
  - Growing geriatric population
  - Low compliance with mobility
  - High fall rate
  - High rates of polypharmacy
  - Increased LOS r/t delirium
  - Commitment to optimize and revise care models
- Goals
  - Provide specialized care for older adults

- o Improve outcomes:
  - Mobility
  - Falls
  - Patient experience
  - Los
  - Readmissions
  - Mortality
  - Reduce issues related to polypharmacy
- Methodology/Tools/Format
- Age friendly care
- Mobility is medicine
- Patient experience
- Age-friendly initiatives: Atrium Health Cabarrus
  - o Bronze geriatric ED accreditation received - March 2024
  - o 4Ms Pilot - June 2021
  - o Age-friendly cohort unit - January 2023
  - o Recognized as age-friendly health system, committed to care excellence - August 2023
  - o Age-friendly care expanded to 123 beds
- New CMS measure to ensure delivery of age-friendly care
- How are we already meeting these domains
- Atrium Health Cabarrus age-friendly roadmap
  - o Transition clinic (established 2016)
  - o Lifestyle medicine at home clinic (established 2019)
  - o 4Ms Pilot (2021)
  - o Age-friendly cohort unit (2023)
  - o Recognized as age-friendly health system, committed to care excellence (2023)
  - o Geriatric ED accreditations (2024)
  - o Age-friendly care expansion
  - o Upcoming collaborations:
    - Atrium Health Wake Forest Baptist J. Paul Sticht Center on Aging and Rehabilitation
    - Premier Applied Sciences Alzheimer's research
    - Blue Zones
- Enter blue zones
- What is blue zones
  - o Move naturally
  - o Purpose
  - o Down shift
  - o 50% rule
  - o Plant slant
  - o Wine at 5
  - o Positive pack
  - o Loved ones first
  - o Belong

Ms. Rodriguez responded to questions.

### Centralina Programs

Geraldine Gardner, Centralina Regional Council Executive Director, provided a PowerPoint presentation to include the following:

- Our Mission
- Support to local governments - Growth management; land use and mobility; economic and community development; healthy, resilient communities; local government policy and practice; leadership, training, peer networks
  - o Centralina Government Affairs and Member Engagement
  - o Centralina Regional Planning
  - o Centralina Community Economic Development
- Helene recovery and pre-disaster Planning resources
- Regional Brownfields Program
- Regional Brownfields Summit - October 29, 2024, 9:00 a.m. - 3:00 p.m., Centralina Office
- Creative regional problem solving
  - o Shared regional vision
  - o Focuses plan implementation
  - o Convening and engagement
  - o Planning across boundaries
  - o Anticipating challenges and opportunities
- Connect beyond regional mobility plan

- CONNECT beyond regional mobility plan implementation
- What's coming up
  - FY25 Connect beyond implementation activities
    - TDM Pilot Project
    - Seamless connections
    - Integrated mobility center
- Innovative service delivery
  - Person-centered, place-based approach
  - Strengthening public-private-NGO relationships
  - Stewardship of federal funds
- Elected official involvement
  - Engage in boards and committees
  - Participate in State and Federal advocacy activities
  - Utilize our online member portal
  - Participate in continuing education and training programs
- Member Resources
  - Online member portal
  - Grant readiness support
  - Peer learning programs
  - Online data portal and GIS mapping
  - Policy and practice guides
- Upcoming opportunities

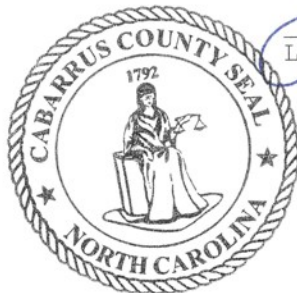
Ms. Gardner responded to questions.

**Closing**

Chairman Morris thanked everyone for attending.

**Adjourn**

The meeting was adjourned around 8:00 p.m.



*Lauren Linker*  
\_\_\_\_\_  
Lauren Linker, Clerk to the Board