

WYOMING FOCUS

TAKEAWAYS FROM THE JHTP RURAL HEALTHCARE SUMMIT PANEL

BY ALLEN GEE & REGINA GEE

The Rural Healthcare Panel brought together Austin Walters from Spring Tide Ventures, Jamie Stirling from Secours, and Scott Lien from Grandpad. The mission for the Jackson Hole Technology Partnership (JHTP) is: to identify cutting-edge technologies relevant to rural populations and accelerate their accessibility. The Rural Healthcare Panel did just that at the recent Summit in regards to the question of how to care for the elderly.

Wyoming faces significant challenges, as does the nation, with caring for the elderly population. One problem with current elderly care is social isolation; Scott talked about what fostering social connections has done for GrandPad clients in the US and around the world, and included ways that we can further leverage GrandPad to connect elderly people living in isolation with not only their friends and family but also with health care. Another challenge with elderly care (specifically dementia care) is safety; how do you keep people who lose track of where they are safe? Jamie talked about how Secours is working with Garmin and Sony to use GPS to track dementia patient's movements in order to be able to locate them when they are lost. Using encrypted blockchain to secure the individual's identity and information, Secours has created a solution where if a client goes missing, they are able to direct personnel quickly and efficiently to the missing persons location. The combination of data safety and personal safety is a powerful tool for care. A third challenge for healthcare is cost. Austin spoke about his work in investments for small health tech innovation startups. He gave examples of many tech innovations available to facilitate the access to care without traveling great distances and supporting care in home communities. Allocating healthcare funds to solutions that promote aging in place and resiliency is a much more sustainable model than our current system. The JHTP summit was the right people showing up at the right place at the right time to make a difference in the state, nationally, and internationally.

This panel discussion helped manifest and further the Wyoming Health and Innovation Living Laboratory (WHILL) resilient aging initiative. Co-localized with Frontier NeuroHealth, WHILL is invested in taking the insights from the summit and identifying, facilitating, and implementing solutions for elderly care. WHILL is building a digital technology suite to identify care needs, connect patients with proper providers, and ultimately give the care needed. This work will decrease the burden of care for the state and address more effective allocation of funds. The end game of this discussion and WHILL's projects is to take Wyoming from a Dementia Desert to a Resilient Aging state, a place where longevity, community, and care are in practice.



FRONTIER WELLNESS TIP

NEUROHEALTH FOR IMMUNE SUPPORT

Our Immune System is an interconnected network, interfacing with every element of our physiology to keep us well and whole. Supporting our immune systems with a NeuroHealth approach is wise indeed!

Movement: Moving our bodies increases blood and lymph flow, helping our bodies mobilize our immune response to sickness. Move your body & use your muscles to support immune function.

Mindfulness: Stress suppresses the immune system. You can support your immune system by engaging in practices such as meditation and learning how your nervous system works, therefore understanding how to increase "your relaxation response."

Sleep: Our bodies repair themselves, fight infection, and work to keep us healthy when we sleep. When we don't sleep enough, we throw the whole system out of whack. Prioritizing sleep is vital for supporting our immune system.

Nutrition: Poorly nourished people are at greater risk for infection. Eating a plethora of fruits and vegetables provides your body with antioxidants and abundant phytochemicals, giving our bodies and immune systems robust tools to deal with sickness. Eat well to feel well.

ADDRESSING CHRONIC ILLNESS WITH PRINCIPAL CARE MANAGEMENT

BY REGINA GEE & WANDA WEBB

Chronic diseases are the leading cause of death and disability in the United States. [According to the CDC](#), 6 in 10 Americans have at least one chronic disease and 4 in 10 have multiple. Additionally, 90% of health care costs are spent on chronic conditions care. These numbers demonstrate that chronic diseases are both widespread, deadly, and expensive.

We are addressing these issues at Frontier through the practice of Principal Care Management (PCM). PCM is a new Medicare program designed for patients with high-risk health conditions that have lasted a minimum of three months. Prior to 2020, Medicare only offered reimbursement for additional care time spent on patients with multiple chronic diseases. The PCM program allows for reimbursement for care focused on one chronic disease, allowing for a wider net of care. PCM gives people with chronic & complex illnesses additional support such as increased monitoring, medical management, and closer relationship with your healthcare team.

As a patient, PCM care provides an extra layer of care and attention. PCM at Frontier is an element of our personalized precision medicine initiative; you will receive an individualized care plan, specifically designed to address and treat your specific condition. Participating in PCM at Frontier means health status updates are provided to your doctor & care team, your likelihood of hospitalizations and adverse health events are less, and gives you access to additional community resources.

Interested in learning more about PCM and enrolling with us? [Wanda Webb](#) is in charge of our PCM services here at Frontier, and you can [read more about PCM and how to get involved with us here](#).

WE'RE READING:

THE ART OF GATHERING
BY PRIYA PARKER

WE'RE LISTENING:

BODY OF WONDER
ANDREW WEIL

WE'RE WATCHING:

THE BLINDSIDE



POWERFUL QUESTIONS

BY REGINA GEE

Krista Tippett writes about how a question is a mighty use of words. For her, a question is a spiritual technology meant to help us invite more mystery into our lives. The technical definition of the word question is: a sentence worded or expressed so as to elicit information. We ask questions to invite more knowledge into our world, and in so doing hold space for being in relation with the unknown. This relationship is a powerful force for change.

In his [“Letters to a Young Poet,”](#) Rainer Maria Rilke talks

about living the questions. He beautifully demonstrates the connection between questions and change, the connective tissue being the art of living. He says, “Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.” Living a better life is a product of slow progress; you learn to live the questions in slow and deliberate ways.

Additionally, there is power in asking: what questions am I living? The difference between living intentionally and working off of autopilot is practicing awareness (aka mindfulness). When you are aware of the unresolved things in your mind and heart, you can choose to hold space for them and live into the answer. When you remain unaware, the power of choice

and agency is not available to you, and you are unable to shape your life into what you need it to be.

Author Shane Claiborne notices that people want to define us by what we do, a line of questioning that ends up entangled in external validation & striving. Alternatively, he is much more interested in asking who he is and who he wants to be. Adam Grant echoes this idea saying we shouldn't be asking our children what they want to do when they grow up, rather we should be inquiring about what kind of person they want to be.

And so these thoughts leaves us with a most powerful question, a mighty use of words:

Who are you becoming?