



## **Our role in community health**

Part 2 – May 22, 2025, 12:00pm - 1:00pm

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**COMMUNITY HEALTH PLAN**  
of Washington™

The power of community



Our role in community health

# Together we thrive

ICHS Foundation Board President, Jenny Shin



# Combating senior isolation & loneliness

Growing older, growing isolated – loneliness and its impact on seniors

ICHS Chief Operations Officer, Jade East &  
ICHS Lead Occupational Therapist, Kelsey Schultz

# Why This Matters



- Loneliness is more than just a feeling—it's a growing public health concern spanning all age groups.
- Older adults are especially vulnerable due to life changes like retirement, loss of loved ones, or health decline.
- Understanding the impact can inform better interventions.
- Reduce Caregivers burnout.



# Key Definitions

- Loneliness: Subjective feeling of being alone or disconnected, lack of meaningful social connection.
- Social Isolation: Objective lack of social contact and support leading to loneliness and potentially negative health outcomes.



(Source: National Institute on Aging, 2020)

# What Causes Loneliness in Seniors?

- Loss of spouse/partners
- Loss of mobility or hearing impairments
- Lack of Transportation or Resource Constraints
- Retirement and loss of social roles
- Living Alone
- Major Health Emergencies
- Cultural Differences



# How Common is Loneliness in Older Adults?

- 1 in 3 older adults experiences loneliness regularly.
- Around 25-30% of adults over 65 are socially isolated.

(Source: National Academies of Sciences, Engineering, and Medicine, 2020)

# Loneliness Among Immigrant Seniors in the U.S.

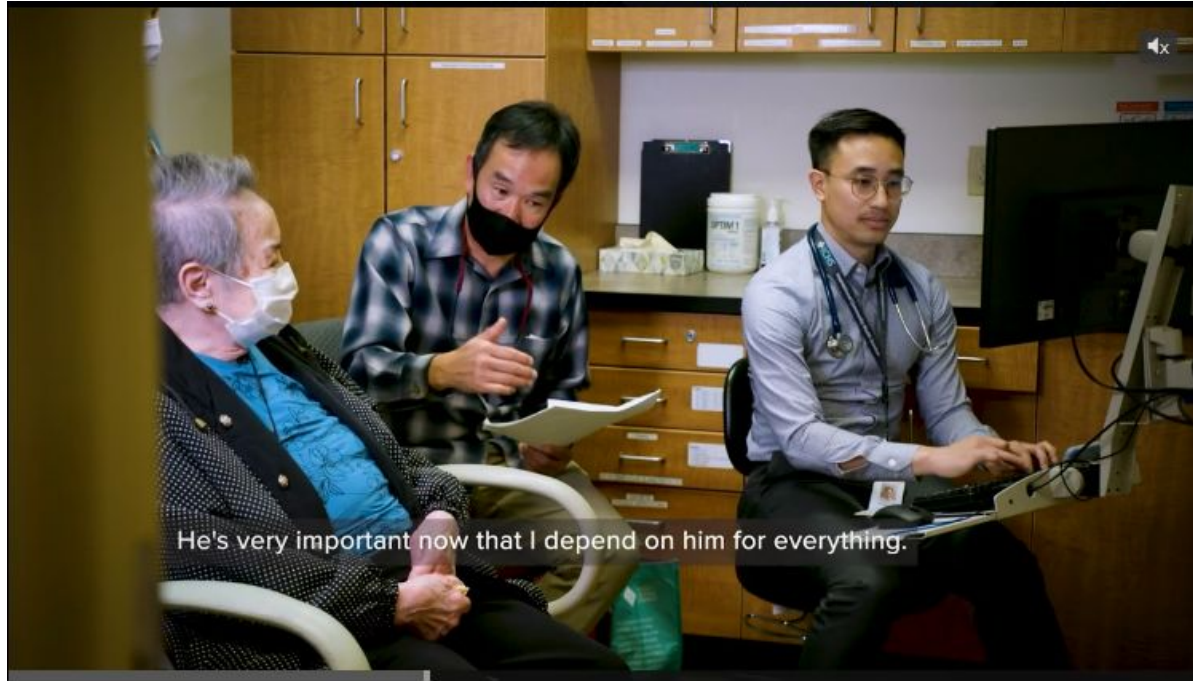
- Immigrant seniors are more likely to experience loneliness due to:
  - Language barriers
  - Cultural differences
  - Separation from extended family
  - Limited access to culturally appropriate services



# Immigrant Older Adult Trends

- Approximately 15% of U.S. seniors are immigrants, with higher rates in urban areas.
- By 2060, foreign born seniors will make up almost 25% of the US population, according to the U.S. Census Bureau.
- Studies show immigrant seniors report higher levels of emotional and social loneliness than U.S.-born counterparts.

# KING5: Facing Race



He's very important now that I depend on him for everything.

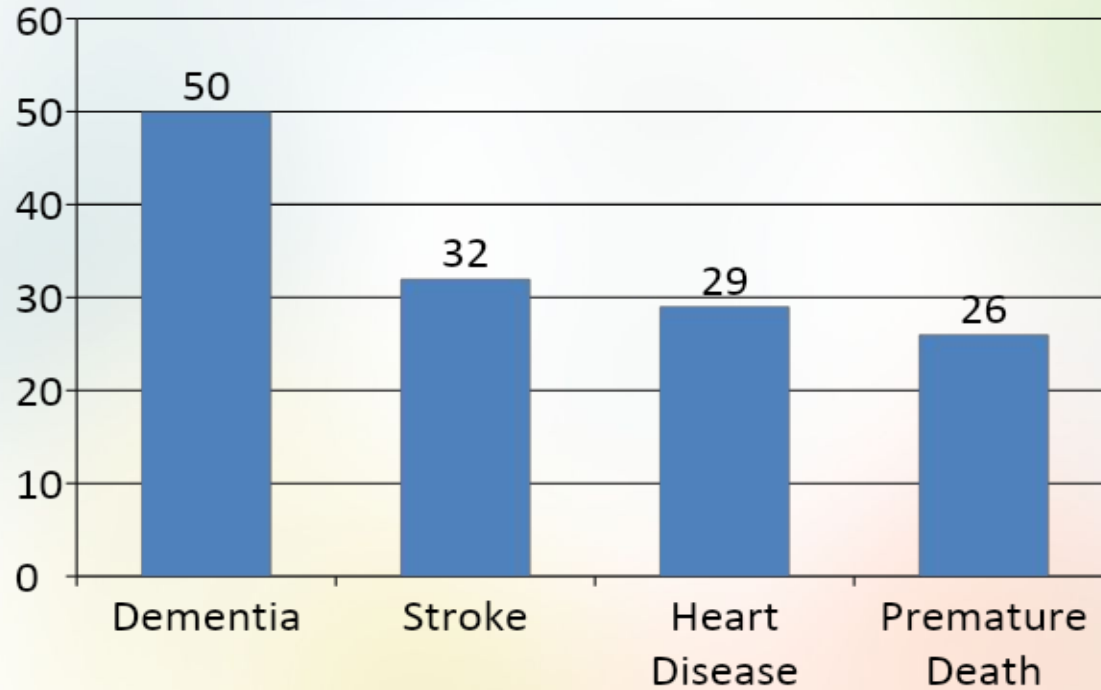
The U.S. elderly care system is already challenging. For immigrant families working to overcome language barriers and isolation, they carry an even heavier load. (Dec 18, 2024)

[Link to Story](#)

# The Health Impact

- Mental Health: Increased risk of depression, anxiety, and cognitive decline.
- Physical Health: Higher risk of heart disease, stroke, and premature death.
- Sleep: Poorer sleep quality and higher sleep disturbances.

# Loneliness and Health Risks





# Kelsey M. Schultz, MSOT, OTR/L



# What Can Be Done?

- Community Programs: Program for All-inclusive Care of the Elderly (PACE), Senior centers, Meals on Wheels, etc.
- Technology Training: Teaching video calls/social media.
- Volunteering & Mentorship: Gives purpose and social engagement.
- Healthcare Screening: Incorporating loneliness checks in visits.
- Tailored interventions—language-specific programs, cultural community centers, and accessible transportation.

# Real-World Impact – A Community Response



- Address barriers
- Improve engagement
- Provide sense of purpose
- Create connection



# Mr. Tupu Siolo, PACE participant



“When I first got here, I used to watch all the workers that work with patients. They treat them really good. They treat us very good, I should say.”

“At the center, they’re always helping me do everything.... All the doctors are here... and I don’t have to go anywhere.”

“Now my breathing is getting better, and my balance is better...”

“I think there’s a lot of people that really need help in the community, people like me.”

“ I really enjoy PACE. I really enjoy all the people here.”

<https://www.youtube.com/watch?v=yc4mBhgjy8Y>

# Ron Chew Health Aging & Wellness Center

Our Asian population tends to live longer and are more healthy, but cognitively they still decline.



# Key Takeaways



- Loneliness is a serious and widespread issue among older adults.
- It has profound effects on mental and physical health.
- Interventions are possible—and they work.
- Immigrant Seniors face increased challenges
- Communities, families, and policies all play a role.



# References

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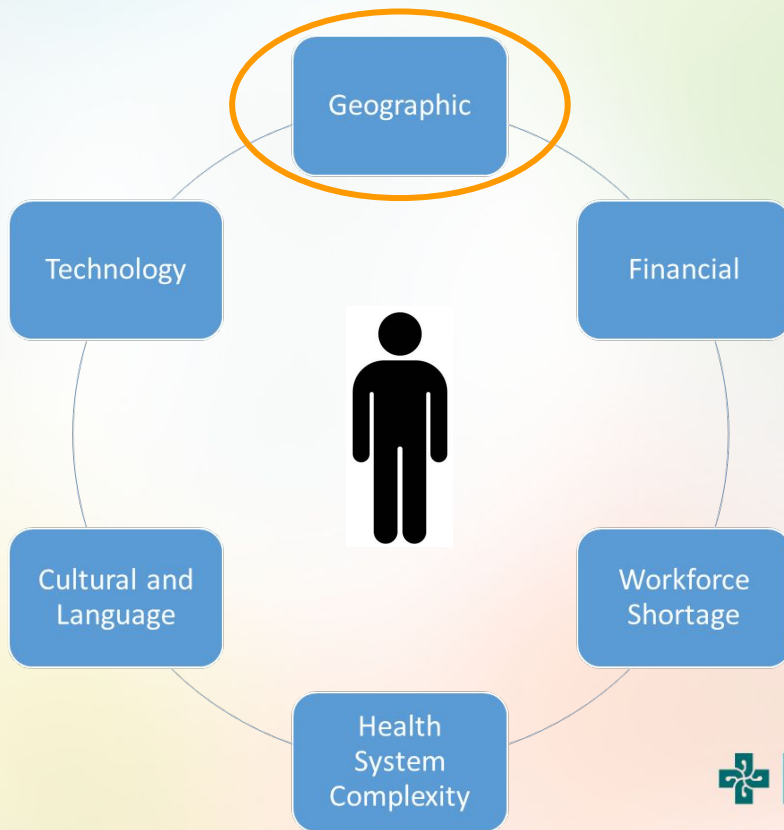
# Meeting Patients Where They Are

ICHS Director of Clinic Operations, Braden Hirasawa

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# Overview of Healthcare Access Challenges

What are the challenges faced by most of our patients?



# Can you relate?



# Access Challenges: Transportation

- 5.8 million Americans delayed medical care due to transportation
- Americans with unmet transportation needs 2.6 times more likely to report multiple emergency room visits

Source: CMS Priorities Innovation:

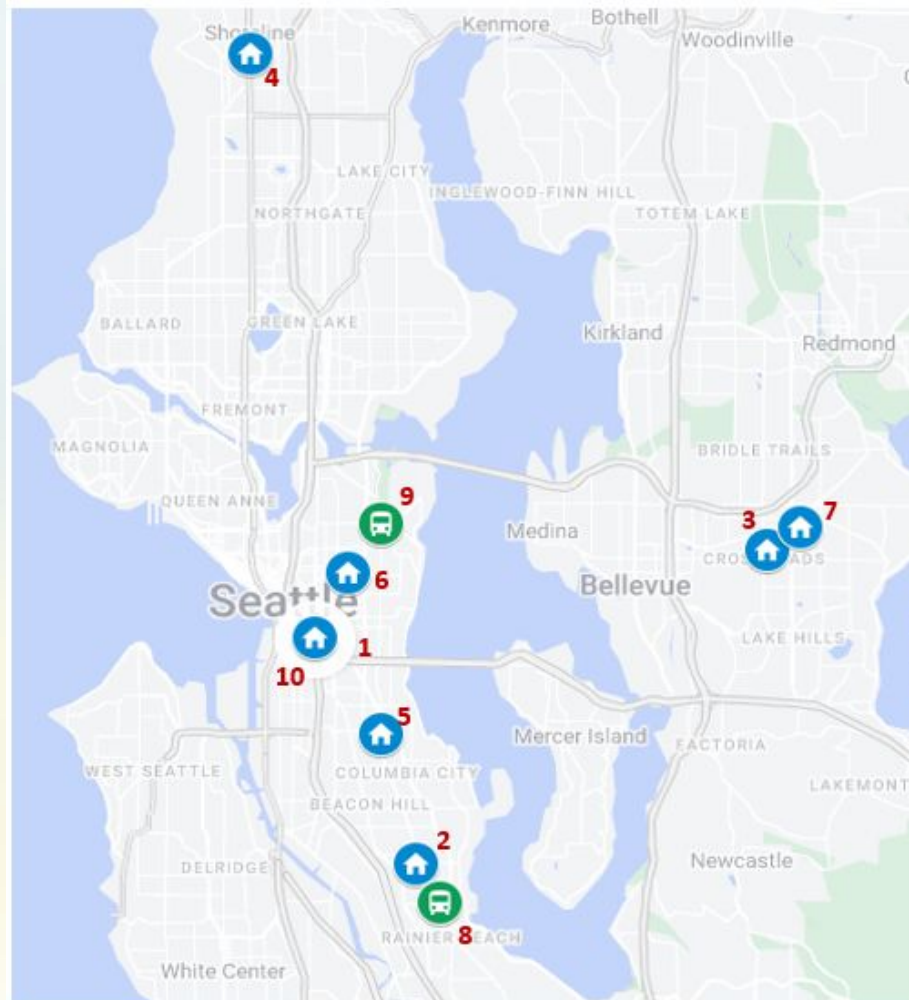
<https://www.cms.gov/priorities/innovation/media/document/vbid-cy2023-transportation-use-case>

# Reimagining Patient Centered Care

- Satellite clinic at ACRS - on-site medical care for ACRS clients dealing with serious mental illness
- School Based Health Centers - Seattle World School and Highland Middle School
- Mobile medical and Dental
- Holly Park After hours clinic
- Auburn clinic - FUTURE



# ICHS Locations



- 1 International District Medical, Dental & Vision Clinic
- 2 Holly Park Medical & Dental Clinic
- 3 Bellevue Medical & Dental Clinic
- 4 Shoreline Medical & Dental Clinic
- 5 ICBS Primary Care Clinic at ACRS
- 6 Seattle World School Teen Health Center
- 7 Highland Health Center
- 8 Mobile Medical Clinic
- 9 Mobile Dental Clinic
- 10 ICBS PACE/Legacy House

# Developing Partnerships - Mobile Services



- Viet-Wah Asian Food Market - Renton
- Kent YMCA
- Auburn Valley YMCA

# ICHS Patients Distance Traveled for Care

Location Travel to Holly Park	Avg 1 way travel time w/traffic (mins)
Tacoma	50
Kent	45
Auburn	45
Federal Way	45
Renton	26

Location Travel to Mobile Medical	Avg 1 way travel time w/traffic (mins)
Tacoma to YMCA Auburn	24
Kent to YMCA Kent	8
Auburn to YMCA Auburn	8
Federal Way to YMCA Auburn	20
Renton to Viet-Wah Renton	14

% Time Saved

**52%**

**82%**

**82%**

**56%**

**46%**

# Patient Stories - Impact



\*Patients of the stories not pictured



# How does ICHS meet patients where they are and better support them?

- Patient Navigators
- Community Health Workers
- Community Health Specialists
- Outreach and Enrollment Specialists
- Health Home Care Coordinators
- Mobile Medical
- Mobile Dental

# How can we as community members support each other?

- Strengthen Primary Care and Community Health
- Engage Community Members and Organizations
- Leverage Technology
- Promote prevention and early intervention





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# The Importance of Advocating for Community Health

**Courtney Smith-Jiles** Chief Strategy Officer

**Alyssa Patrick** Director of Policy, Advocacy, and Communication

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 **ICHS TALKS**  
Our role in community health



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We represent all 28 CHCs and  
1.2 million individuals served to  
state and federal elected  
officials, agencies, stakeholders



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# Federal Changes

## Executive Orders

- 340B & Prescription Drugs
- DEI
- Federal Agency Staffing
- Gender Affirming Care
- Grant Administration
- Immigration
- Language Access
- Workforce

## Agency Implementation

- Temporary pause on all federal grant funds
- Changes to terms and conditions of grants
- DOGE: written justification for grant drawdowns

## Congressional Action: Budget Reconciliation

- “One Big Beautiful Bill”
- Work Requirements
- 10% Reduction of Federal Match (FMAP)
- Pause on new provider taxes
- Stricter eligibility verification

# Messaging on Impacts: House Budget

## \$700B

Cut from Medicaid

Proposed cuts to Advanced Premium Tax Credits (APTCs) will make marketplace coverage less affordable.

Cut to SNAP will reduce access to free-to-low cost food.

## +25%

Increase in the uninsured population of Washington

Increase demand for uncompensated care, decreases CHC revenue.

56% of WA CHC patients covered by Medicaid

CHCs care for more than 35% of WA Medicaid enrollees

## 281,606\*

People in WA who could lose Medicaid coverage due to work requirements

\*Estimated 140,803 - 281,606 will lose coverage depending on how implemented

Work requirements will reduce CHC revenue - Projected cumulative shortfalls from 2029-2032 range from \$1.1B to \$2.3b.



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# CHCs and Medicaid

**CHC Mission: Serve all, comprehensive & affordable care, accountable.**

**CHCs serve a large portion of Medicaid patients nationally and in our state.**

- More than 1 in 6 (16 million people) nationally.
- In Washington, 56% of CHC patients are covered by Medicaid.

**Medicaid revenue is a substantial part of CHC financial sustainability.**

- Medicaid payments represent 61% of Washington CHCs' overall revenue.

**CHCs focus on preventative care, improving health and lowering costs.**

- Nationally, CHCs care for around 18% of all Medicaid beneficiaries but only account for 2.1% of Medicaid spending.
- CHCs saved Medicaid \$38.6 billion by keeping patients healthy and avoiding unnecessary costs such as trips to the emergency room.



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# WA Congressional Delegation

## DEMOCRATS

Provide info to help them defend our priorities



Rep. DelBene  
Rep. Larsen  
Rep. Gluesenkamp  
Perez  
Rep. Strickland

Rep. Jayapal  
Rep. Randall  
Rep. Smith

## REPUBLICANS

Provide info to help them understand the real impacts of changes in their communities.





# Resources

## ADVOCACY

- WA State Health Center Advocacy - [sign up here](#)
- National Health Center Advocacy - [sign up here](#)
- National Medicaid Advocacy - [sign up here](#)

## MISSION

- Learn more about [Washington's community health centers here](#), and about the [FQHC mission here](#).

## BREATH

- Finding grounding sources of information & grounding practices.
- Recommend [KFF News](#) (& [this podcast](#)), [CBPP](#), [Geiger Gibson](#).



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# Questions?

**Please share your questions through  
the Zoom Q&A portal on the bottom bar**

# Thank you for joining us!



We will be sending an email with all the resources shared today, as well as a short survey to collect your feedback.

Please scan this QR code or connect with us or share your thoughts and questions with us.

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