



UCOA Quarterly Meeting Agenda Thursday – February 11, 2021

12:00 AM - 01:30 PM

Community Partner and Member Meeting

Join Zoom Meeting <https://zoom.us/j/640416337>

Or Dial 669 900 6833

Meeting ID: 640 416 337

(Zoom conference information will remain the same for all UCOA quarterly meetings)

UCOA Business Meeting

- | | | |
|-------|---|----------------|
| 12:00 | Welcome to Members and Partners
Welcome and Introduction to New First Time Attendees | Andrew Jackson |
| 12:05 | Executive Director Report
<i>Public Policy</i> <ul style="list-style-type: none">• Commission on Aging Reauthorization SB 0030<ul style="list-style-type: none">○ New roles to be filled○ Member coordination and strategy meetings• POLST Act Amendments SB 0083S03• Social Security State Tax Removal• Elder Fraud Support
<i>Community Engagement</i> <ul style="list-style-type: none">• U4A/UCOA Virtual Center – pilot feedback 3 AAAs• Virtual center go-live• Survey, tech training, collaborative calendar, etc. | Rob Ence |
| 12:35 | Vaccination Enrollment Support Discussion <ul style="list-style-type: none">• Assessment of demand and gaps in system• Volunteer call center | Facilitated |
| 01:00 | Utah Falls Prevention Alliance Annual Report | Teresa Brunt |
| 01:20 | Partner and Community Events (announcements and handouts) | |
| 01:30 | Adjourn | |

Next UCOA Virtual Meeting – Thursday – May 13, 2021

(Public and partner comment and input welcomed throughout. Session will be recorded.)

Preparing Our Aging Community for Additional Disaster

Due to the impacts experienced from COVID-19, older adults would be at extreme risk should any location in UTAH experience local or regional disaster.

Some emergencies did occur in 2020 and had significant impact. Emergencies could happen this year. They will find many of our aging population with depleted emergency reserves and limited or spent capacity to respond effectively.

Due to public gathering restrictions and my personal risk, I have been unable to deliver Emergency Prepare education programs tailored to the needs of seniors -- as I have done in the recent past.

I am prepared to deliver virtual presentations *if they can be hosted*. Please contact me to schedule programs for your constituency.

Linda Milne

Milne92@gmail.com

801 618-5114



Utah State Advocacy Day

SAVE THE DATE

WEDNESDAY, FEBRUARY 17, 2021
9:00 a.m. to 11:00 a.m.

JOIN VIRTUAL MEETING:

<https://alz-org.zoom.us/j/98623463921?pwd=enoyNTZoT1FoczJ4MHR4b1FmQXNUZz09>

To look up your local legislator go to:
<https://le.utah.gov/>



Join us for the 2021 Utah Advocacy Day. Learn what our Legislative focus is and what bills we are going after, how to speak to your local Representative and the many things the Utah Chapter has accomplished throughout the year.

Jeremy Cunningham
jcunningham@alz.org
801.201.6512
alz.org | 800.272.3900



THANK YOU FOR YOUR SUPPORT!

2020 Walk to End Alzheimer's is Finished

Raised over \$300,000

402 Teams with 1,500+ participants

Generated more than 2 million media impressions



Renew or start your team today for the 2021 Walk to End Alzheimer's.

Go to www.alz.org/walk



THE LONGEST DAY[®]

alzheimer's  association[®]

On June 20, thousands of participants across the world come together on The Longest Day[®] to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the Association's care, support and research efforts.

Sign up your team today at www.alz.org/thelongestday

February On-line Education Programs

Effective Communication Strategies

- Feb. 3, 2:00-3:00 PM
- Feb. 16, 2:00-3:00 PM

COVID-19 and Caregiving

- Feb. 9, 4:00-5:00 PM

Understanding and Responding to Dementia-Related Behavior

- Feb. 10, 2:00-3:00 PM
- Feb. 23, 2:00-3:00 PM

Healthy Living for Your Brain and Body: Tips From the Latest Research

- Feb. 12, 11:00-Noon

The 10 Warning Signs of Alzheimer's Disease

- Feb. 17, 7:00-8:00 PM
- Feb. 16 11:00 AM-Noon (Spanish)

Understanding Alzheimer's and Dementia

- Feb. 22, 5:30-6:30 PM

Living with Alzheimer's: For Caregivers-Middle Stage-Part 1

- Feb. 1, 1:00-2:30 PM

Living with Alzheimer's: For Caregivers-Middle Stage-Part 2

- Feb. 8, 1:00-2:30 PM

Living with Alzheimer's: For Caregivers-Middle Stage-Part 3

- Feb. 22, 1:00-2:30 PM

2021 Virtual Support Groups

alz.org/helping_you/support_groups

HELPING YOU

Support Groups

Other Pages in Helping You

[24/7 Helpline](#)

[Care Consultation](#)

[COVID-19: Tips for Caregivers](#)

[Health Care Provider Outreach](#)

[Online Tools](#)

▶ [Support Groups](#)

Get the emotional support you need.

Support groups create a safe, confidential and supportive environment and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help to them develop methods and skills to solve problems.

We have many support groups at various times and locations. [Check here](#) to see if there is a group close to you that fits your needs. For any questions regarding Caregiver Support Groups or Early Stage Groups, please contact our Helpline at 800.272.3900.

If you have Alzheimer's

There is an early stage Alzheimer's Support Group that meets in the Salt Lake area. Please contact Julia at jbentley@alz.org if you are interested in attending this group.

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2021 Federal Request SUCCESS!

- \$350 million increase for Alzheimer's and dementia research funding to National Institutes of Health
- \$20 million in funding to implement the BOLD Infrastructure for Alzheimer's Act

Alzheimer's and Related Dementia Research Funding at the NIH





Community Leaders Summit 2021

FEBRUARY 21-24, 2021

Join virtually to experience inspiring content, build skills and connect with Alzheimer's Association volunteers, community leaders and staff nationwide.

Registration details to follow in January 2021.

- Opportunity to connect with dementia volunteers from around the country
- Gain a deeper understanding of the Association's role in Alzheimer's care, support, advocacy, and research
- Play an important role in moving our mission forward
- Gain additional skills to mobilize all communities, partners and other volunteers in the fight against Alzheimer's

No cost to participate. The Summit will include sessions each day in the morning, afternoon and evening to accommodate all schedules.

If you'd like to receive an invitation to participate, email Ronnie Daniel at rdaniel@alz.org

impact report



2021

alzheimer's  association®

Utah Chapter

“These are the best of times, these are the worst of times.” Charles Dickens wrote these words in his epic novel, “A Tale of Two Cities,” over 160 years ago. But no words better describe the year of 2020. We certainly endured challenges last year including the coronavirus and its aftermath, economic upheaval, social injustice, and social isolation. But for many people 2020 also brought a renewal, introspection, strengthening of family ties, and an opportunity for self-improvement.

The 34,000 Utahns living with Alzheimer’s disease and other dementia, along with the 159,000 family care providers, certainly felt the brunt of the challenges brought on by the COVID-19 pandemic. The Alzheimer’s Association, like many other organizations, had to pivot in the way we provided resources. We did adapt so that we could continue to offer essential information, education programs, support groups and personal services through virtual methods.

We are focused on ways to be the best stewards of our donors’ dollars. We are committed to reaching as many people as possible who need our valuable services. Our approaches will be varied, including strategic alliances with healthcare systems and other community partners. You’ll read more about our plan in these pages.

The pandemic has further exposed health equity differences between racial and ethnic groups due to economic and social conditions. Our chapter will be focused on this challenge to better serve all the diverse communities in Utah.

This report is designed to give you some insights into how the Alzheimer’s Association is working on the multi-faceted challenge of serving our



**A letter from
Ronnie Daniel**

constituents and their caregivers in Utah. We will be working to reach those people who have not yet benefitted from our services and resources. We will continue to support the necessary research to find a cure for the 4th leading cause of death in our state.

One key to future success will be to grow our volunteer ranks. Volunteers supporting our staff efforts will make the difference for us to reach more people. The volunteers who are currently serving are priceless, so much of the story in this report will be told through our volunteer’s eyes.

Every 65 seconds another person in the U.S. develops Alzheimer’s disease. We will be relentless in our efforts to serve those living with the disease and their care partners. We will never stop our efforts to find a cure for this disease. I know that we will one day be celebrating the first survivor of Alzheimer’s disease. Your support will help us achieve these goals! Thank you for your help.

Sincerely,

A handwritten signature in blue ink, appearing to read "RD".

Ronnie Daniel, Executive Director
Alzheimer’s Association of Utah

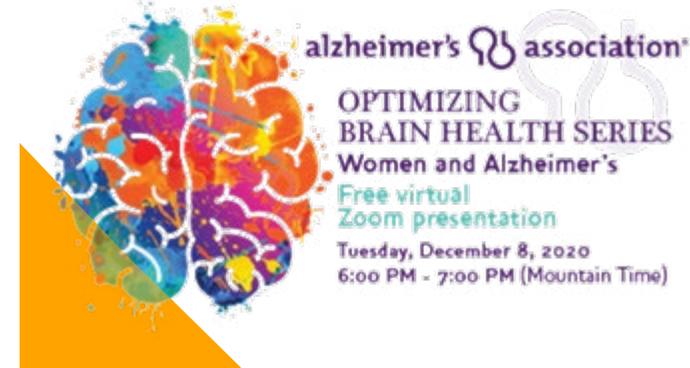
Contents

Volunteers lead the way	3
Greg Romero: A program-delivery champion	4
Health equity	5
Partnering with community leaders	6
Advocating for Alzheimer’s	7
Bonnie Shepherd: Volunteer Ambassador to Congressman Chris Stewart	8
Getting closer to a cure	9
Alzheimer’s Association funding promotes new research	10
Dr. Mark Supiano: Health system partner University of Utah Healthcare	11
Fundraising for Alzheimer’s	13
Debbie Morton: This is personal	14

Volunteers lead the way

Volunteers are the engine that drives the delivery of Alzheimer's Association programs to the community. Since the onset of the coronavirus, all of our education programs have been moved to virtual platforms or through prerecorded sessions on our website. Here are a few ways that volunteers have made that change work in the past year:

- ▲ Utah Chapter staff and volunteers provided care and support programs and services to 1,750 unique individuals
- ▲ Nearly half of all our constituent engagements were volunteer-led (48%)
- ▲ Over 500 people have participated in our virtual programs since the start of the coronavirus pandemic (March 2020)



Greg Romero: a program-delivery champion

Greg Romero has been an outstanding volunteer community education presenter for the past year. He was an early-adopter of the new virtual format, and has been involved in teaching dozens of online education sessions since the beginning of the pandemic. Greg is a member of the Utah Chapter Leadership Board, and he believes that providing education resources to care partners is vital to helping them provide quality care. He is truly an Alzheimer's Association volunteer superstar.



The Alzheimer's Association is committed to serving all communities across the country that can benefit from our information, programs and services. Those include:

- ▲ Black communities that have Alzheimer's at rates twice the general population
- ▲ Hispanic communities that experience Alzheimer's at a 50% higher rate
- ▲ The LGBTQ community, which often does not have the same family support structure as the broader population

In the coming year, we are putting added emphasis on six underserved regions across Utah. With a specific focus on racially/ethnically diverse communities, we will concentrate on Weber, Salt Lake and Utah Counties. Washington County will also be a focus since it has the highest percent of residents 65+ per capita. Finally, we will also increase our service to two rural areas in the state including the six-county area of Western Utah (Juab, Millard, Sanpete, Sevier, Piute and Wayne Counties), and the three-county area in Eastern Utah (Carbon, Emery and Grand Counties).

Through community forums, we will seek local input and undertake a concerted effort to recruit local volunteers to assist in our program delivery so that we can reach even more families that will benefit from our services.



Health equity

Partnering with community leaders

One of the most effective ways for the Alzheimer's Association to reach the many diverse population groups and communities across our vast state is to partner with organizations that are leaders in their respective arenas. The Alzheimer's Association of Utah is proud to have partnerships and/or funding relationships with scores of organizations throughout the state that use their resources to raise awareness of the Association and the programs and services we offer at no charge to the community. The lengthy list of partner organizations includes:

- ▲ The Utah Department of Health
- ▲ The Utah State Alzheimer's Plan Coordinating Council
- ▲ AARP/Utah
- ▲ The Utah Commission on Aging
- ▲ The Utah Association of Area Agencies on Aging
- ▲ ABC4
- ▲ Telemundo
- ▲ Utah Assisted Living Association
- ▲ Utah Pride Center
- ▲ University of Utah Healthcare
- ▲ Intermountain Healthcare
- ▲ Ray and Tye Noorda Family Foundation
- ▲ Larry H. Miller Family Foundation
- ▲ Daniels Fund

Beyond providing invaluable education and support services, the Alzheimer's Association is a powerful advocate for people living with Alzheimer's disease and other dementia. We work regularly with federal and state legislators to raise awareness of the disease, and promote important legislation for our constituents. In the past year, we have seen wins at both the state and federal level.

- ▲ State Wins
 - ▲ Passage of a "Silver Alert" bill to protect wandering seniors
 - ▲ Securing \$1 million to support the efforts of the Utah State Alzheimer's Plan
 - ▲ Passage of Fraud Bill to protect seniors and their money from scams
- ▲ Federal Wins
 - ▲ Passage of another increase in the federal investment in dementia research to the National Institutes of Health (NIH) by \$350 million, bringing the total annual investment to \$3.1 billion
 - ▲ Passage of the BOLD (Building Our Largest Dementia) Support Act, which provides funding to states to strengthen their Dementia support and services



Advocating for Alzheimer's



Bonnie Shepherd: volunteer ambassador to Congressman Chris Stewart

Bonnie Shepherd is a stalwart advocate for people living with Dementia. She lost her husband to frontotemporal dementia, and has used her personal story to encourage Congressman Chris Stewart to support the increase in funding to the NIH to record levels. She is passionate about finding a cure and getting the support from government to assist individuals living with all types of dementia. Bonnie has served on the Utah Chapter Leadership Board for many years and always advocates for caregivers and champions support for families affected by dementia.

Getting closer to a cure

The paradox of Alzheimer's disease is that it is an international plague: the only leading disease without a prevention, treatment or cure that affects 50 million people worldwide – and yet we are making more progress than ever toward finding a cure. In just 5 years, funding for research through the U.S. Government's National Institutes of Health (NIH) has grown nearly five-fold. And the Alzheimer's Association – the world's leading non-profit funder of Alzheimer's research – complements that with our own aggressive campaign of research:

- ▲ \$208+ million currently active in 590 research projects in 31 countries (as of late 2020)
- ▲ \$1.5 million in Utah-based research projects since 2015

Together, NIH and the Alzheimer's Association are making significant strides in research on:

- ▲ Blood (and other biomarker) tests that can provide early detection
- ▲ Vaccines (flu and pneumonia) that correlate to a lower risk of Alzheimer's
- ▲ Blood pressure treatments that clearly reduce the chances of getting dementia
- ▲ Lifestyle studies that may show a path to delaying the onset of dementia
- ▲ Sleep deprivation and its link to Alzheimer's risk
- ▲ Groundbreaking studies that explore the impacts of pollution, education and socialization

Alzheimer's Association funding promotes new research

Initially funded by the Alzheimer's Association, the SprintMIND study, led by co-investigator Dr. Mark Supiano, Chief of the Division of Geriatrics at the University of Utah, and Director of the Center on Aging. The study showed the impressive correlation between blood pressure and incidents of Alzheimer's disease. The study showed that significant reduction of risk for the disease happens when a person's systolic blood pressure is at 120 mg or less. The SprintMIND study was a groundbreaking research program for identifying important preventative measures to fight Alzheimer's disease and other dementia.



Health systems: leveraging a statewide network

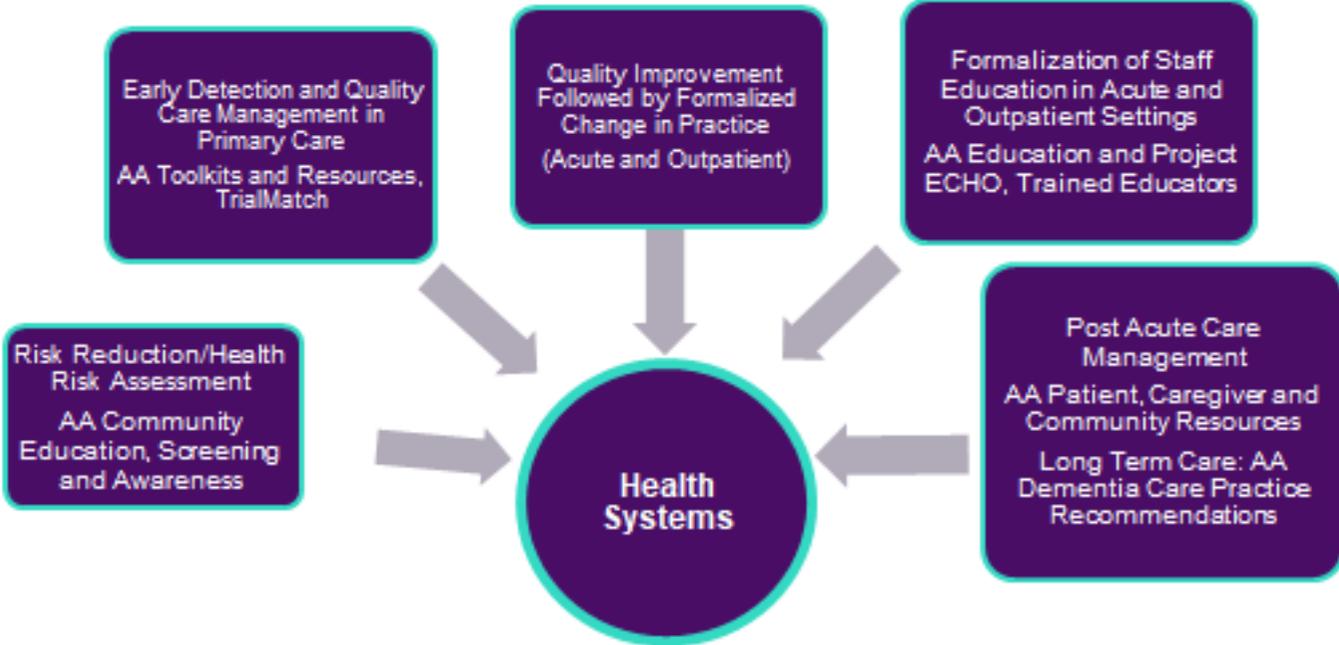
By shifting our focus from a social service to public health approach, we expect to positively impact the lives of over 50,000 Rocky Mountain region families this year. July 1, 2019, marked the beginning of the Alzheimer's Association Health Systems Initiative, which utilizes the successful relationships we have built with health care providers as a bridge to understanding the needs of health systems to assist them in making sustainable policy and process change. The result is moving our engagements in these spheres from transactional to transformational, supporting system wide change that increases access to timely, accurate diagnosis and high-quality dementia care.

Alzheimer's disease directly affects 6 percent of Utah's population (34,000 living with the disease and 159,000 unpaid family caregivers). The most efficient way for the Alzheimer's Association to reach people in need across our vast state is by partnering with health systems that have physical presence there, including Intermountain Healthcare, University of Utah Healthcare, the Veterans Administration, and other localized health systems.

By marshalling the extensive health systems' resources to create system-wide change, we can move from 'transactional' relationships with the public to a 'transformational' relationship with health systems.

We are making great strides in this new health system outreach initiative and are optimistic about extending the reach of the Alzheimer's Association by partnering with the expansive health community in the years ahead.

Alzheimer's Association (AA) Collaboration



Fundraising for Alzheimer's

The Alzheimer's Association of Utah prides itself on being self-funded, primarily through our special events like the Walk to End Alzheimer's and the Longest Day (including the generosity of individual and corporate donors). We are so grateful to the local foundations that have generously supported our outreach programs. We are also proud of the relationship we have with the Utah Department of Health (UDOH). Through a grant from the UDOH, we have been able to increase support groups and community outreach.

In addition to supporting our education, training, live and recorded webinars, and advocacy efforts, our fundraising is essential to our continued research for a cure. The Alzheimer's Association is the world's leading non-profit funder of research to find a cure for Alzheimer's disease.

We are truly blessed to have hundreds of volunteers who tirelessly work throughout the year to raise funds for the Association. Frequently their lives have been touched by this tragic disease.

Despite the impact of COVID-19, the Utah Chapter raised over \$1 million last year for the Association's mission through a variety of initiatives, led by our 8 Walk to End Alzheimer's events across the state.



It is often said that if you want something done, go to the busiest person. Debbie Morton is that person. A resident of the Park City area, and has been the leading personal fundraising in the Utah Chapter for several years. She was a founding co-chair of the Walk to End Alzheimer's in Summit and Wasatch Counties. Her passion for raising funds for the Alzheimer's Association came while she served as caregiver for the 12 years that her father lived with Alzheimer's disease.

Debbie serves on our chapter leadership board and has championed the Walk to End Alzheimer's effort throughout the state. She has lent her experience in fundraising to staff and other Walk volunteers, to help our Chapter increase both fundraising and public awareness about Alzheimer's and the Association. She is dedicated to our vision: "A World Without Alzheimer's disease and all other dementia."



Debbie Morton: This is personal



Utah Chapter

Alzheimer's Association of Utah
12894 S. Pony Express Rd, Suite 300
Draper, UT 84020
801-265-1944
Offices in Draper and St. George

alz.org/utah

Free 24/7 Helpline: 800-272-3900

 facebook.com/alzutah

 instagram.com/alzutah

 twitter.com/UtahAlzAssoc

Utah Falls

Prevention

Alliance



HEAVEN





Rob and Jani

- Rob Ence is the Executive Director for the Utah Commission on Aging and leads us all things falls prevention.
- Senator Jani Iwamoto is a member of the Utah Falls Prevention alliance and a great leader.





Shelly and Anna

- Shelly Martin is president of Optumcare Network of Utah.
- Anna Fondario is the program manager for Violence and Injury Prevention for the State of Utah





Tracy and Sally

- Tracy Altman has 30 years of experience in the health care field and specializes in implementing new health plans. She is currently working for amhealth plans
- Sally Aerts is well know to you and was the former co-chair for the Utah Falls Prevention Alliance. She is a physical therapist and specializes in orthopedics and fall prevention.





Amy and Kristy

- Amy Bone is a registered nurse and Quality Consultant for Select Health.

Kristy Cottrell is the deputy director of Davis County Health department and oversees senior services.





Deepthi and Clay

- Clay Watson – Physical Therapist Owner and operator of Western Summit Rehabilitation
- Deepthi Rajeev is the Senior Director of Patient Safety for Comagine Health





Emilie and Jack

- Emilie Johnson works for the University of Utah, trauma services with Injury Prevention and Trauma Outreach.
- Jack Meersman works for Gold Cross Ambulance as their compliance officer and is our EMS representative



Our
Purpose
is.....

“The group is composed of diverse stakeholders dedicated to reducing falls and fall injuries in Utah's older adult population.”



Working on Goals for 2021 and beyond

1. Drawing attention to the Utah Falls Prevention Alliance website and all the resources available in “one spot”
2. Increase awareness to the website with a focus on helping our EMS partners when they are called to a “non-transport” or “lift assist” call.
3. 90-10 grant to help manage
4. HIPPA and changes to the language and rule to help alert provider after and EMS evaluation.



And just a few pictures
from last year!

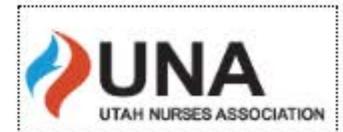












How to contact Teresa



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Thank



you



for



everything

