



UCOA Quarterly Aging Summit Agenda Thursday – November 10, 2022

12:00 PM - 01:30 PM

Community Partner and Member Networking 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)

Agenda

- | | | |
|-------|--|------------------|
| 12:00 | Welcome to Members and Partners | Andrew Jackson |
| 12:05 | Executive Director Report | Rob Ence |
| | <ul style="list-style-type: none">• Website Updates• UCOA Annual Report FY 2021-22• Community Calendar – Invite to Join• Partner Updates - Traci L – PSA Promotions• Arts and Aging – Tracy H• Emergency Preparedness updates – Linda M | |
| 12:30 | Learning Throughout the Lifespan | Christine Bascek |
| 12:50 | Seniors Out and Proud | Deb Hall |
| 01:10 | VA Benefits - COVER to COVER Program Update | Jen Morgan |
| 01:30 | Adjourn | |



Next meeting Thursday – February 09, 2023, at Noon – via Zoom

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

Join us for an *Open House*

The Utah Chapter invites you to meet our new Executive Director, Stacie Kulp!

Stacie is a Utah native who brings over 12 years of nonprofit experience to her role. Meet Stacie, then learn about our free programs and services, advocacy work, and fundraising events!



JOIN US!

Wednesday, November 16
4:00 pm - 6:00 pm
Alzheimer's Association Office
12894 S. Pony Express Rd., Suite 300
Draper, UT 84020

Light refreshments will be served

RSVP via email to mlee@alz.org or call 801.265.1944



Dr. Rebecca Edelmayer, Ph.D.

Senior Director
Scientific Engagement
Alzheimer's Association



Utah Chapter

What's New in Alzheimer's Research

Join us as our expert guest, Rebecca Edelmayer, Ph.D, leads a discussion of the state of Alzheimer's and dementia research, including recent developments and promising initiatives on the horizon.

Topics include:

- New treatments in the pipeline
- Importance of early detection
- Alzheimer's Association's research projects
- Utah research update

Tuesday, November 15

5:00 - 7:00 pm

Blanch Education Center, Alta View Hospital

1300 E. 9660 S., Sandy, UT

5:00 - 5:45 pm Meet and greet with hors d'oeuvres

5:45 - 7:00 pm Dr. Edelmayer presentation followed by Q&A

Contact Stacie Kulp for more information and to RSVP

801.824.8092 | stkulp@alz.org

November

National Family Caregiver Month

Available now:
2022 National Strategy to Support Family Caregivers
September 2022



NATIONAL STRATEGY

This document was released by the Department of Health and Human Services in September. It represents the recommendations from the RAISE Family Caregiver and the Grandparents Raising Grandchildren Advisory Councils. It outlines nearly 350 actions that 15 federal agencies will take to implement the strategy. It also includes more than 150 recommended actions others can take at the state, local, or community levels.

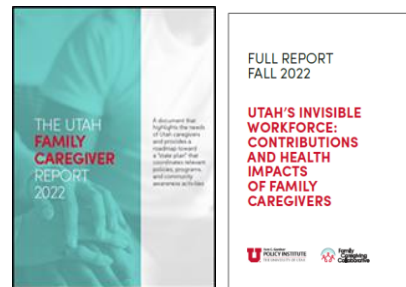
TAKE ACTION

Here are some ideas of how you can get involved this month to help recognize and increase awareness about family caregivers. Every person and organization has a role to play in supporting family caregivers. We can all be advocates.

1. Submit comment and provide feedback to the **National Strategy** by November 30.
<https://acl.gov/CaregiverStrategy/Comments>
2. Contact **Utah Government Officials** (i.e., Governor, State Senator, Representative) during the month of November to tell them your story as a caregiver and/or to elevate the awareness and needs of family caregivers in Utah.
<https://www.utah.gov/government/contactgov.html>
3. Use **Social Media** to increase public awareness about the needs and work done by family caregivers in our community. @uofuFCC #familycaregivers. National Strategy and Utah reports can provide some talking points.
4. Personally reach out to, recognize, and maybe even offer to provide a bit of respite to a caregiver that you know in your family or your community.

DATA & REPORTS

2 Utah-focused reports have just been released



They detail the demographics of family caregivers in Utah, as well as identify the shared goals and priorities of stakeholders that have been identified to recognize and support the invaluable work of family caregivers in Utah

Full reports can be found on the Family Caregiving Collaborative website: <https://nursing.utah.edu/research/groups-projects/family-caregiving-initiative>

JOIN THE CONVERSATION

CAREGIVER SUMMIT

Thursday December 8, 2022
3:00pm – 7:15pm
Salt Lake City Public Library | Auditorium
210 E 400 S Salt Lake City, UT 84111

You are invited to attend a screening of documentary called “Unseen” followed by dinner, conversations, and panel discussions.

Register for **FREE** at
<https://tinyurl.com/2kwehssh>



An interdisciplinary initiative led by the **College of Nursing** at the **University of Utah**.

Updates from the Division of Aging & Adult Services:

National Family Caregivers Month

November is National Family Caregivers Month. In 1994, Caregiver Action Network began promoting national recognition of family caregivers. President Clinton signed the first National Family Caregivers Month Presidential Proclamation in 1997 and every president since has followed suit. Though the theme changes each year, the focus is still the same – recognizing and honoring family caregivers.

The theme this year is #CaregivingHappens, which reflects family caregivers' reality that often caregiving just happens. Caregiving happens when you are grocery shopping or in a meeting, when you're trying to get to work, when you're busy with something else or have plans.

Caregiving happens and it's not always convenient or expected. The #CaregivingHappens campaign seeks to raise awareness of the role of family caregivers. Please help to spread the word by utilizing the toolkit from the Caregiver Action Network website.

<https://www.caregiveraction.org/national-family-caregivers-month>

<https://www.caregiveraction.org/caregiving-happens>

Social Media Posts about Caregiving

We have also created social media posts (see attached) to help raise awareness of caregiving. One of the issues we find is family caregivers don't identify as caregivers. In fact, if asked most will say, "I am just a daughter" or "I am just helping because they need support." Because most caregivers don't identify as such, they can miss connecting to resources that are targeted to them using this identifier.

Getting caregivers to self-identify with their role may help them in accessing services. To help family caregivers connect with their role, we have created posts that can be shared on social media. Please help us by sharing this month and throughout the year. Each is customizable so our community partners can add their logo.

Additional questions? Please reach out to knederostek@utah.gov.

National Strategy to Support Family Caregivers

The 2022 National Strategy to Support Family Caregivers was released on September 21st. The strategy details more than 350 federal actions and about 150 measures that state and local governments, public health departments, philanthropies, and community-based, faith-based, and non-profit organizations can take immediately to support the nation's 53 million family caregivers. The National Strategy includes potential government actions that address issues that family caregivers say are most important, including:

- 1) Access to Respite Services
- 2) Support with Day-to-Day and Complex Medical Tasks
- 3) Inclusion of Caregivers in Care Teams
- 4) Financial Education on Caregiving Costs
- 5) Better Identification of Family Caregivers
- 6) Research on the Needs of Family Caregivers

This is a significant milestone in our national efforts to improve the way we support family caregivers. The strategy will be updated every 2 years and your input is greatly needed. There is a public comment period that is open until November 30th. Please submit your feedback so as to inform future versions of this strategy.

To read the strategy:

<https://acl.gov/CaregiverStrategy>

To provide feedback on the national strategy:

<https://acl.gov/CaregiverStrategy/Comments>

Alzheimer's Disease & Related Dementias State Plan

Did you know we have a state plan to address dementia within Utah? We do! Did you know you can help us improve Utah's efforts to support those affected by dementia and enhance dementia services? You can!

If you are interested in participating in the Alzheimer's Disease & Related Dementias Coordinating Council, one of our workgroups, or would like to know more, please fill out this [survey](#).

To receive our monthly newsletter where you will learn about the latest about dementia within our state as well as around the globe, please reach out to krussell@utah.gov.



Emergency Preparation and Disaster Response Resources in Utah

Utah's Department of Emergency Management website: [BeReady.Utah.Gov](https://www.be-ready.utah.gov)

Within SLCO: S.A.F.E Neighborhoods Program (Schools Aid Families in Emergencies). In the event of a catastrophic disaster at home or workplace, your neighborhood public elementary school campus becomes a community gathering place. You can expect trained/untrained volunteers there, but you must bring your own essentials: food, water, first aid, shelter, means of safe toileting, etc. On-foot evacuation.

Whether you live/work within or outside of SLCO, your municipality will likely have an Emergency Plan. You can ask to see it.

The American Red Cross mission at work: <https://www.redcross.org>. They offer emergency preparation education, materials and emergency sheltering.

Utah VOAD: (Voluntary Organizations Active in Disaster): Volunteers from faith-based and non-profit organizations respond to disasters here and across the USA.

The American Civil Defense Association. ([TACDA.org](https://www.tacda.org)). Free membership. Magazine, lectures, store.

Are your senior constituents prepared to survive and respond to disaster?

If I can help you:

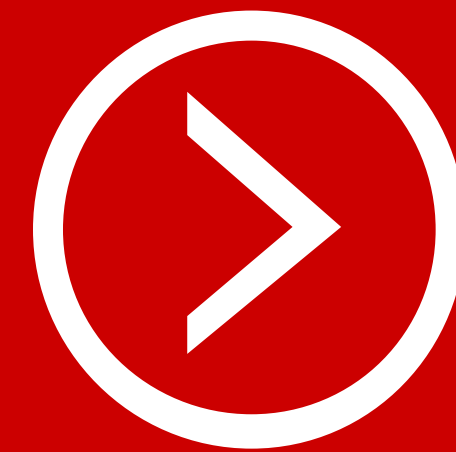
Linda Milne, Volunteer

Milne92@gmail.com

Cell: 801 618-5114; texts preferred

PERSONAL ENRICHMENT PROGRAMS

Learning Throughout the Lifespan



University Connected Learning
The University of Utah

Christine Baczek
Senior Director, Personal Enrichment Programs
christine.baczek@utah.edu

PERSONAL ENRICHMENT PROGRAMS AT THE UNIVERSITY OF UTAH

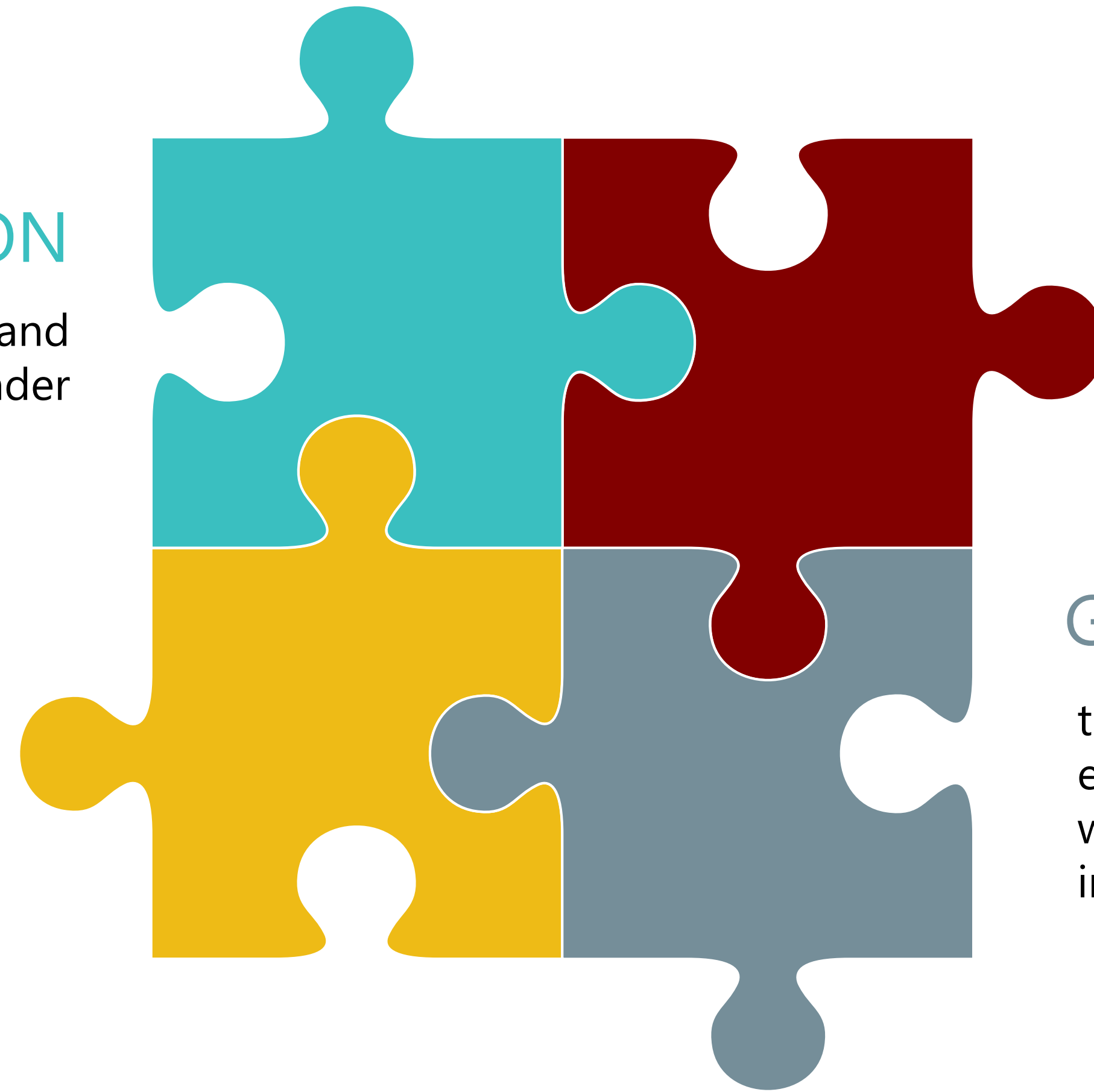
Learning Throughout the Lifespan

YOUTH EDUCATION

inspires education, innovation, and imagination in youth 17 and under

OSHER LIFELONG LEARNING INSTITUTE

offers a rich and evolving array of courses, lectures, and special activities designed especially for adult learners ages 50 and better



LIFELONG LEARNING

adults 18 and older can learn new skills and make friends through engaging and high-quality learning experiences

GO LEARN

takes adults to explore the world with exceptional University of Utah faculty who are experts at bringing local and international destinations to life



Osher Lifelong Learning Institute

We offer a rich and evolving array of courses, lectures, and special activities designed especially for adult learners ages 50 and better.

Taught and led by distinguished emeritus faculty, scholars, and community experts – we are a keystone of the U's mission and strategic goal of engaging communities to improve health and quality of life.



OSHER@UTAH.EDU



801-585-5442



CONTINUE.UTAH.EDU/OSHER



540 ARAPEEN DRIVE
(AT THE UNIVERSITY OF UTAH IN RESEARCH PARK)

***Have you cared for a friend or family member who
was a patient at the University of Utah?
If so, we want to hear from you!***

Researchers at the University of Utah need feedback from caregivers to develop a tool to improve patient discharge and reduce hospital readmittance. Participants will join an online group discussion to share their input and experiences.

**We invite you to participate in a
Community Engagement Session.
This 2-hour group discussion will be held online**

DATE: November / December 2022
(specific date and time to be determined)

Participants will receive a \$75 gift card

To register, complete the following survey:
https://redcap.link/caregiver_readiness



**Questions? Contact NAOMI FLAKE (she/her)
(435) 565 - 1393 | naomi.flake@utah.edu**



Federal Communications Commission



**Governor's Office of
Economic Opportunity**

UTAH BROADBAND CENTER

ACP.utah.gov

BroadbandCenter@utah.gov

(801) 538-8680

Affordable Connectivity Program

**Are you getting your
\$75/month internet
discount?**



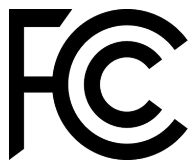
The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$75/month discount for households on qualifying Tribal lands;
or
- A \$30/month discount for qualifying households that are not on Tribal lands.

Households that qualify for ACP are eligible for a one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

For more information go to: ACP.utah.gov



Federal Communications Commission

Affordable Connectivity Program

**Are you getting your
\$30/month* internet
discount?**

***or \$75/month on Tribal lands**



**If you participate in any of the following programs,
you automatically qualify for the ACP:**

- Free/Reduced School Lunch
- SNAP
- Medicaid
- Federal Public Housing Assistance
- Federal Pell Grant
- WIC
- Lifeline



**Governor's Office of
Economic Opportunity**
UTAH BROADBAND CENTER

ACP.utah.gov

Request additional flyers:

BroadbandCenter@utah.gov
(801) 538-8680

For more information go to: ACP.utah.gov



Comisión Federal de Comunicaciones

Programa de Descuentos Para Internet (ACP)

¿Ya recibe su descuento de \$30 por mes para internet?



Si participa en alguno de los siguientes programas, es automáticamente elegible para el ACP:

- **Programa Nacional de Almuerzos Escolares (gratuitos o de bajo costo)**
- **Programa de Asistencia Nutricional Suplementaria (SNAP)**
- **Medicaid**
- **Asistencia federal para la vivienda publica**
- **Recibió Federal Pell Grant**
- **Programa para Mujeres, Bebes y Ninos (WIC)**
- **Lifeline**



**Governor's Office of
Economic Opportunity**
UTAH BROADBAND CENTER

ACP.utah.gov

Para solicitar folletos adicionales:

BroadbandCenter@utah.gov

(801) 538-8680

Para obtener más información, visite:

ACP.utah.gov

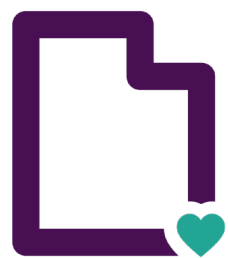
Meet Jason. Jason helps his dad manage his finances.

Jason is a caregiver!

Are you, a friend, or family member a caregiver? THANK YOU!

In Utah 97,000 caregivers provide 119 million hours of unpaid care per year. That's an estimated value of nearly \$2 billion!

There are services and education to support you! Visit utahaging.org or eldercare.acl.gov to find your local Area Agency on Aging.



Utah Department of
Health & Human Services
Aging & Adult Services





Shelby helps her grandma with household chores a couple of times per week.

Shelby is a caregiver!

Caregivers come in all ages, genders, and relationships.

Visit utahaging.org or eldercare.acl.gov to learn more about caregiving and services available in your area.

A man's face and chest are covered in numerous yellow sticky notes with various handwritten messages and symbols. The notes on his face include "TAKE A BREAK", a house icon, "\$", "OFF LINE", "STOP!", "zzzz", and a smiley face. Notes on his chest include "TAKE CARE", a heart icon, "AND", "CHILL", and "NET". The background wall is also covered in many more sticky notes with phrases like "CHILL", "MAKE MONEY", "DESCANS", "CALMA", "BREATHE", "WALK", "WORK", "WALK A MILE", "NEED", "STOP!", "CHILL", "TAKE CARE", "AND", "CHILL", "NET", "WALK", "WORK", "WALK A MILE", "NEED", "STOP!", "CHILL", "TAKE CARE", "AND", "CHILL", "NET".

Visit utahaging.org or
eldercare.acl.gov to find
your local Area Agency on
Aging and get resources.





Ryan enjoys hanging out with his grandma. He joins her on walks or to watch her favorite TV show, which also gives his mom a break from her caregiver role.

Ryan is a caregiver!

Respite, or as we call it, a caregiver break, is super important. This helps the caregiver take a step back, do some self care, and maybe even take a nap.

Find more about respite services in your area by reaching out to your Area Agency on Aging at utahaging.org or eldercare.acl.gov for more information.



These folks are ALL caregivers! Some to a spouse, some to a child or grandchild, others to a neighbor or friend. Caregivers come in all ages, walks of life, relationships, and ability.

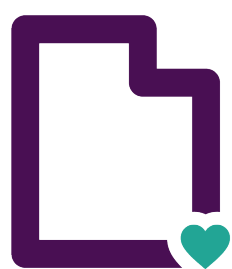
Learn about caregiver resources at your local Area Agency on Aging. Visit utahaging.org or eldercare.acl.gov to find their contact information.



Sam has a weekly chess date with his neighbor, Damien. The two chat about their lives, discuss books, dating, and the news. Which one is the caregiver in this situation? Possibly both of them!

Keeping your brain active with puzzles, conversation, and problem solving can reduce your risk for dementia.

Visit utahaging.org for more tips to reduce your risk.



Utah Department of
Health & Human Services
Aging & Adult Services

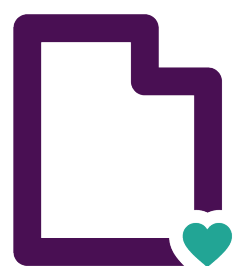


John is a caregiver for his adult son, Jeff.
Together, the two of them care for John's wife who has dementia.

John and Jeff are a caregiving team!

You can be a caregiver and be cared for at the same time.

Learn more about caregiving and find resources at your local Area Agency on Aging.
Visit utahaging.org or eldercare.acl.gov for more information.



Utah Department of
Health & Human Services
Aging & Adult Services



Jake mows his neighbor's lawn every week because he knows they aren't able to do it on their own anymore.

Jake is a caregiver!

Assisting someone with everyday tasks makes you a good human AND a caregiver. Be a good human and offer any amount of service you can. You could be changing someone's life for the better!

Visit utahaging.org or find your local Area Agency on Aging at eldercare.acl.gov to learn more about caregiving.



Ashlyn loves making cookies with her grandmother. While they are baking Ashlyn's mom goes shopping, gets a massage, or enjoys a good book.

Ashlyn is a caregiver!

Visit utahaging.org or eldercare.acl.gov to learn more about caregiving and find resources at your local Area Agency on Aging.

Music and being social can keep your brain active and reduce your risk for dementia.

Grace loves playing the piano with her grandpa. While she does, her mom goes shopping, reads a good book and enjoys respite, or as we call it, a caregiver break.

Grace is a caregiver!

Visit utahaging.org or eldercare.acl.gov to find your local Area Agency on Aging and learn more about caregiving, resources, and support that is available.





Julie visits her mom in her memory care neighborhood every Sunday. Sometimes she takes treats or they play a game together.

Julie is a caregiver!

Visit utahaging.org or eldercare.acl.gov to learn more about caregiving, resources, and to find support available at your local Area Agency on Aging.



Sandy goes to work every day and focuses on her career and personal goals. What you don't see is that she is also thinking about her mom whom she cares for after work. All day Sandy is multitasking in her head and thinking about her mom.

Sandy is a caregiver!

Visit utahaging.org or eldercare.acl.gov to find your local Area Agency on Aging for more information on caregiving and supports that are available to you.