



Utah Commission on Aging Quarterly Summit Agenda Thursday – May 09, 2024

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)

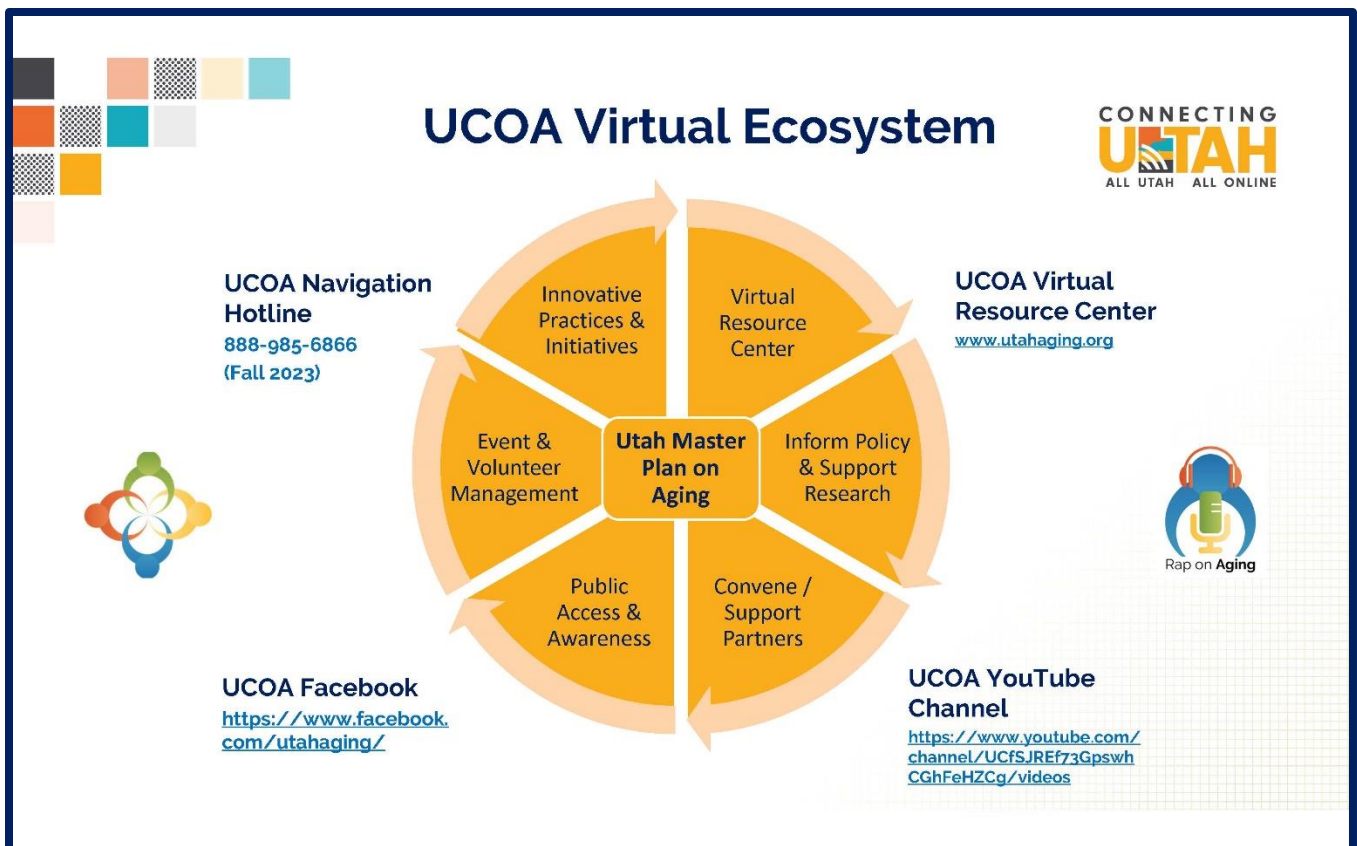
Agenda

- | | | |
|-------|---|---|
| 12:00 | Welcome to members and partners
<i>First time attendees – please put name and organization in chat.</i> | Darlene Curley |
| 12:05 | Program Updates
Utah Elder Abuse Awareness Day - June
Arts Training
Utah Creative Aging Coalition
Legislative Wrap and Forecast | Traci Lee
Jason Bowcutt
Emily Christensen
Nels Holmgren
Alan Ormsby |
| 12:30 | Conversation on Program Funding | Rep Ray Ward, MD |
| 12:45 | Discussion on Waivers Programs
State Medicaid
AAA Five County
UHCA Director | Josip Ambrenac
Carrie Schonlaw
Allie Spangler |
| 01:25 | Participant comments and input | Darlene Curley |

Next meeting Thursday – Aug 08, 2024, at Noon – via Zoom



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





4th annual Utah Elder Abuse Awareness Day virtual conference

Join us for this virtual and **free** conference!

You'll learn about Utah's housing and the impact on vulnerable and older adults.

10 a.m. – noon, June 13, 2024

Visit **bit.ly/UEAAD24** to register.



Utah Association of Area Agencies on Aging





Creative Aging Foundations Training

The Utah Division of Arts & Museums is looking for 25 individuals who are interested in being trained in how to teach art-making to adults 55 and older. This Lifetime Arts course is recommended for anyone planning to run, teach, or sustain creative aging programs.

The course will take place in person:

Monday, June 3rd

9 a.m. - 4 p.m.

Utah Cultural Celebration Center in West Valley City

This training is for leadership, staff members, or volunteers of cultural organizations, libraries, or facilities that serve older adults, as well as artists who are interested in teaching art to older adult populations.

[Click here for more information and to apply](#)



A Social Security Conversation with

We will discuss the current state of the program and potential steps to ensure solvency.



Wednesday, May 22

@ 10AM

Embassy Suites
South Jordan

Moderator: KUTV anchor Heidi Hatch

Panelists: a professor from the University of Utah
and a professor from BYU

Scan the QR code for more info &
to register. There will be free
refreshments & ice cream.



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\$50/sign

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HHAU Fundraiser Fun Run (09/21/24)



*Come have fun with your personal
and/or professional family and
show your support for
Utah's Hospice Workers and
Family Caregivers!*

Registration Online at
hhau.org/event-5263610

Sign-up to Sponsor at
hhau.org/HHAU-Sponsors-and-Exhibitors



Motivational Interviewing: Updates and New Strategies



Susan W. Butterworth, PhD, MS

Thursday, May 16, 2024

2:00 - 3:15 PM (MT)

Dr. Susan Butterworth is currently an Associate Professor at the Center for Health System Improvement at the University of Tennessee Health Science Center and Director of Patient Engagement for the Tennessee Heart Health Network. Her clinical background is exercise physiology and she received her doctoral degree in adult education and training with a cognate in health promotion from Virginia Commonwealth University. Susan specializes in the application of motivational interviewing-based health coaching interventions in healthcare and is well-published in this area. In addition, she has been awarded or served on multiple grants to assess the impact of health coaching interventions in healthcare organizations including health plans, hospitals, and clinics. She has been a member of the Motivational Interviewing Networking of Trainers (MINT) since 2002.



Registration:

- Register for the UGEC Age-Friendly ECHO series [HERE](#). Passcode: **968680**

Continuing Education Credits (1.25):

- This ECHO series offers: CMEs*, Social Work CEUs and Nursing Contact Hours
- *CME code for this ECHO session: **137254**
- For more information on how to claim credits, please visit the [UGEC website](#).

Questions:

- Contact Jacqueline.Telonidis@hsc.utah.edu

Visit us at
utahgwep.org



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NURSING CONTACT HOURS ACCREDITATION: The University of Utah Health is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

ACCREDITATION: The University of Utah School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA Credit: The University of Utah School of Medicine designates this live activity for a maximum of 1.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. All attendees are encouraged to use the CME system to claim their attendance. Physicians will be awarded AMA PRA Category 1 Credit(s)™; all other professions will be awarded attendance at a CME event credit that they may use for their re-credentialing purposes. All users will be able to print or save certificates. For questions regarding the CME system, please contact the UUCME Office. For questions regarding re-credentialing process or requirements, please contact your re-credentialing organization.

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Utah Geriatric Education Consortium Caregiver Conference

Resources and Support for Caregivers: Including Those Caring for Veterans & Persons with Dementia



WHEN: Tuesday, May 21st 9:30am to 4:00pm

WHERE: Crossroad Senior Center
50 East 200 South, Roosevelt, UT 84066

WHAT: Free event for caregivers to learn more about resources and support in the community. Lunch provided, but registration required.

HOW: Register by May 17th in one of these ways:



1. Call Sam Creamer: (435) 722-5229
(If no answer, please leave a message)
2. Click [HERE](#), or
3. Scan the QR Code

**Let us know if you would like to join virtually due to care or other needs*



Emma Eccles Jones College of Education & Human Services
Institute for Disability Research, Policy & Practice
UtahStateUniversity.

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CAREGIVER CONFERENCE SCHEDULE

Tuesday, May 21, 2024

9:30 – 10:00	Conference Registrants Check-In	
10:00 – 10:05	Welcome & UGEC Programs	Jacquie Telonidis, MS, UGEC Training Programs Administrator
10:05 – 10:35	VA Caregiver Support Programs	Andrew Wittwer, MSW, MPA General Caregiver Support Services
10:35 – 11:05	VA Healthcare Enrollment	Coy Miller, MBA VA Salt Lake City Healthcare System
11:05 – 11:45	Uintah Basin AAA Local Community Resources	Michelle Summarell, Uintah Basin AOG AAA Director
11:45 – 12:45	Lunch & Resources and Support Stroll	
12:45 – 1:15	What is Alzheimer's	Raven Albertson, Program Director Alzheimer's Association Utah Chapter
1:15 – 1:45	Screening for the 3D's: Dementia, Depression and Delirium	Randall Rupper, MD Director (Clinical) GRECC
1:45 – 2:00	Local Resources: Suicide Prevention	Northeastern Counseling Center
2:00 – 2:15	Break	
2:15 – 2:30	Tai Chi for Memory & Drumming	Sam Creamer Uintah Basin Caregiver Support
2:30 – 3:00	Importance of Advance Care Planning	Kara Dassel, PhD, FGSA, FAGHE, Professor UofU College of Nursing, Director UGEC
3:00 – 3:30	Building Support Networks	Kate Niderostek, MGS, CDP & Kristy Russell, MS, CHES, Utah Dept. of Health and Human Services Aging & Adult Services
3:30 – 4:00	Wrap-Up & Questions and Answers	



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Institute for Disability Research, Policy & Practice
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Utah Department of
Health & Human Services
Aging & Adult Services





Join the largest dementia prevention study.

You can help researchers understand if taking a commonly used heart medication called a statin, a drug that lowers cholesterol, could help prevent dementia in people 75 years or older. Older adults have largely been left out of clinical research — it is time to change that.

WHY JOIN PREVENTABLE?

By taking part, you are playing an active role in your own health care and helping to generate evidence on healthy aging that may help future generations.

You may also benefit from additional memory and physical function monitoring.

HOW CAN I PARTICIPATE?

Taking part in PREVENTABLE is easy. You can join the study in a clinic or from your home by phone anywhere in the United States, get study drug by mail, and be followed by phone, health records or home visits, if necessary.

You may be a good fit for the study if you are 75 years or older, not taking a statin, and do not have:

- Heart disease (heart attack or stroke)
- Dementia
- A significant disability that limits your basic everyday activities



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WHAT'S INVOLVED IF I DECIDE TO PARTICIPATE?

The study will last about five (5) years. A member of the study team will discuss the study with you and answer any questions you may have.

You will:

- Have blood drawn (for in-clinic visit only).
- Do brief memory and physical tests.
- Be randomized to take the study drug or the placebo. You will take one (1) pill a day.
- Have one (1) follow-up phone call a year. Each call should take about 30 minutes.

These procedures can be done at home or in the clinic. You will not be charged for the study drug or any study-related procedures.

WHERE CAN I LEARN MORE?

Call **833-385-3899** or
visit **www.preventablecommunity.org**
for more information about
PREVENTABLE.

WHAT IS RANDOMIZATION?

It is the best way to find out how something works. This means you will have an equal chance of being assigned the study drug (atorvastatin) or the study placebo.

WHAT IS THE STUDY DRUG?

Atorvastatin (brand name Lipitor®) is the study drug. It is a type of statin that is well known and has been prescribed to older adults for many years.

WHAT IS THE PLACEBO?

The placebo is a pill that does not have medicine in it but looks like the atorvastatin pill.



Use your smart phone camera to scan the code.



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OCTOBER 26, 2023



Únase al estudio más grande de prevención de la demencia

Usted puede ayudar a los investigadores a entender si tomar un medicamento para el corazón de uso común llamado estatina, un fármaco que reduce el colesterol, podría ayudar a prevenir la demencia en personas de 75 años o más. Los adultos de edad avanzada han sido excluidos de varios estudios clínicos; es hora de cambiar eso.

¿POR QUÉ UNIRSE A PREVENTABLE?

Al participar, está desempeñando un papel activo en su propia salud y está ayudando a generar evidencia sobre el envejecimiento saludable que puede ayudar a las futuras generaciones.

También puede beneficiarse del monitoreo adicional de su memoria y funciones físicas.

¿CÓMO PUEDO PARTICIPAR?

Participar en el estudio PREVENTABLE es fácil. Puede participar en el estudio en una clínica o desde su casa por teléfono desde cualquier lugar en los Estados Unidos, recibir el medicamento del estudio por correo y someterse a un seguimiento por teléfono, registros médicos o visitas a domicilio, si es necesario.

Usted puede ser un buen candidato para el estudio si tiene 75 años o más, no toma estatinas y no tiene lo siguiente:

- Cardiopatía (infarto de miocardio o accidente cerebrovascular)
- Demencia
- Una discapacidad significativa que limite sus actividades básicas de la vida diaria



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QUÉ IMPLICA EL ESTUDIO, SI DECIDO PARTICIPAR?

El estudio durará alrededor de cinco (5) años. Un miembro del equipo del estudio le explicará el estudio y responderá cualquier pregunta que pueda tener.

Se realizará lo siguiente:

- Se le extraerá sangre (solo para la visita en la clínica).
- Le harán unas breves pruebas físicas y de memoria.
- Será asignado al azar para tomar el fármaco del estudio o el placebo. Tomará un (1) comprimido al día.
- Tendrá una (1) llamada telefónica de seguimiento al año. Cada llamada debería durar unos 30 minutos.

Estos procedimientos se pueden realizar en casa o en la clínica. No se le cobrará por el fármaco del estudio ni por ningún procedimiento relacionado con el estudio.

¿DÓNDE PUEDO OBTENER MÁS INFORMACIÓN?

Llame al **833-385-3899** o visite
www.preventablecommunity.org
para obtener más información
sobre PREVENTABLE.

¿QUÉ ES LA ALEATORIZACIÓN?

Es la mejor manera de averiguar cómo funciona algo. Esto significa que tendrá la misma probabilidad de que lo asignen a recibir el fármaco del estudio (atorvastatina) o el placebo del estudio.

¿CUÁL ES EL FÁRMACO DEL ESTUDIO?

La atorvastatina (nombre comercial, Lipitor®) es el fármaco del estudio. Es un tipo de estatina reconocida y se ha recetado a adultos de edad avanzada durante muchos años.

¿QUÉ ES UN PLACEBO?

El placebo es un comprimido que no contiene medicamento, pero tiene el mismo aspecto que el comprimido de atorvastatina.



Use la cámara de su teléfono inteligente para escanear el código.

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26 DE OCTUBRE DE 2023



Join the largest dementia prevention study

Adults 75 years and older can help advance science to understand if taking a commonly-used heart medication, called a statin, can help prevent dementia and maintain health. A statin is a drug that lowers cholesterol.

**PREVENTABLE**

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The benefits of taking statins for older adults without heart disease are not fully understood. The purpose of **PREVENTABLE** is to learn if taking a statin is helpful for older adults like you.

If you're not already taking a statin, you could play an active role in your own health care and help generate evidence on healthy aging that may help future generations.

You can join the study in a clinic
or from your home by phone
anywhere in the United States.
Call **833-385-3899** for more
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Únase al estudio más grande de prevención de la demencia

Los adultos de 75 años o más pueden ayudar a los avances científicos para entender si tomar un medicamento de uso común para el corazón, llamado estatinas, puede ayudar a prevenir la demencia y a mantener la salud. Una estatina es un medicamento que reduce el colesterol.

**PREVENTABLE**

Pragmatic Evaluation of evENTs And Benefits of Lipid-lowering in oldEr adults

No se conocen por completo los beneficios de tomar estatinas para los adultos mayores que no presentan cardiopatía. El objetivo de **PREVENTABLE** es descubrir si tomar estatinas es de ayuda para los adultos de edad avanzada como usted.

Si no está tomando estatinas, usted podría desempeñar un papel activo en su propia atención de la salud y ayudar a generar evidencia sobre el envejecimiento saludable que podría ayudar a las futuras generaciones.

Puede participar en el estudio en una clínica o desde su casa por teléfono desde cualquier lugar en los Estados Unidos. Llame al **833-385-3899** para obtener más información sobre PREVENTABLE.



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Si no está tomando estatinas, usted podría desempeñar un papel activo en su propia atención de la salud y ayudar a generar evidencia sobre el envejecimiento saludable que podría ayudar a las futuras generaciones.

Puede participar en el estudio en una clínica o desde su casa por teléfono desde cualquier lugar en los Estados Unidos. Llame al **833-385-3899** para obtener más información sobre PREVENTABLE.



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Use la cámara de su teléfono inteligente para escanear el código.



Join the largest dementia prevention study.

The purpose of the PREVENTABLE research study is to learn if taking a statin could help older adults live well for longer by preventing dementia, disability, or heart disease. A statin is a drug that lowers cholesterol.

WHY IS PREVENTABLE IMPORTANT?

The benefits of taking statins for older adults without heart disease are not fully understood. By taking part in the PREVENTABLE study, you could help us learn if taking a statin is helpful for older adults like you.

HOW CAN I PARTICIPATE?

The study will last about five (5) years. You may be a good fit for the study if you are 75 years or older, not taking a statin, and do not have:

- Heart disease (heart attack or stroke)
- Dementia
- A significant disability that limits your basic everyday activities

You can join the study in a clinic or from your home by phone anywhere in the United States. Call **833-385-3899** for more information about PREVENTABLE.

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Únase al estudio más grande de prevención de la demencia

El propósito del estudio clínico PREVENTABLE es saber si tomar una estatina podría ayudar a los adultos de edad avanzada a vivir bien durante más tiempo al evitar la demencia, la discapacidad o la cardiopatía. Una estatina es un medicamento que reduce el colesterol.

¿POR QUÉ ES IMPORTANTE PREVENTABLE?

No se conocen por completo los beneficios de tomar estatinas para los adultos mayores que no presentan cardiopatía.

Al participar en el estudio PREVENTABLE, usted podría ayudarnos a saber si tomar una estatina resulta útil para adultos de edad avanzada como usted.

¿CÓMO PUEDO PARTICIPAR?

El estudio durará alrededor de cinco (5) años.

Usted puede ser un buen candidato para el estudio si tiene 75 años o más, no toma estatinas y no tiene:

- Cardiopatía (infarto cardíaco o accidente cerebrovascular)
- Demencia
- Una discapacidad significativa que limita sus actividades básicas de la vida diaria

Puede participar en el estudio en una clínica o desde su casa por teléfono desde cualquier lugar en los Estados Unidos. Llame al **833-385-3899** para obtener más información sobre PREVENTABLE.

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WHERE CAN I LEARN MORE?

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Join the largest dementia prevention study.

You can help future generations understand if taking a statin can help older adults live well for longer by preventing dementia, disability, or heart disease. A statin is a drug that lowers cholesterol.

We strive to enroll a diverse population to make sure research results apply to the communities we live in.

WHY JOIN PREVENTABLE?

By taking part, you are playing an active role in your own health care and helping to generate evidence on healthy aging that may help future generations.

You may also benefit from additional memory and physical function monitoring.



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WHAT SHOULD I EXPECT IF I DECIDE TO PARTICIPATE?

Taking part in PREVENTABLE is easy. You can join the study in a clinic or from your home by phone anywhere in the United States. The study drug will be shipped to you, and a study doctor will follow up with you by phone and through your medical records.

You will:

- Have blood drawn (for in-clinic visit only).
- Do brief memory and physical tests.
- Be randomized to take the study drug or the placebo. You will take one (1) pill a day.
- Have one (1) follow-up phone call a year. Each call should take about 30 minutes.

The study is expected to last five (5) years. You will not be charged for the study drug or any study-related procedures.

We are committed to sharing with you what we learned from PREVENTABLE at the end of the study.

HOW CAN I PARTICIPATE?

You may be a good fit for the study if you are 75 years or older, not taking a statin, and do not have:

- Heart disease (heart attack or stroke)
- Dementia
- A significant disability that limits your basic everyday activities

I'VE NEVER BEEN INVOLVED IN RESEARCH. I WONDER IF I AM TOO OLD.

This is a study about function and not age. We encourage people over 75 years to consider participating. If you decide to take part, the PREVENTABLE team would like you know that your safety is our top concern. We are here to answer your questions and happy to meet with you, your family, or anyone else you would like to make sure you are comfortable about your decision to participate in PREVENTABLE.

WHAT IS THE STUDY DRUG?

Atorvastatin (brand name Lipitor®) is the study drug. It is a type of statin that is well known and has been prescribed to older adults for many years.

You will be randomly assigned to receive either a placebo or atorvastatin. A placebo is a pill that does not have medicine in it. Both pills will look the same.





¿DÓNDE PUEDO OBTENER MÁS INFORMACIÓN?

Llame al **833-385-3899** o visite www.preventablecommunity.org para obtener más información sobre PREVENTABLE.



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Únase al estudio más grande de prevención de la demencia

Usted puede ayudar a que las generaciones futuras sepan si tomar una estatina podría ayudar a los adultos de edad avanzada a vivir bien por más tiempo al evitar la demencia, una discapacidad o una cardiopatía. Una estatina es un medicamento que reduce el colesterol.

Nos esforzamos por inscribir a una población diversa para asegurarnos de que los resultados de la investigación sean válidos para las comunidades en las que vivimos.

¿POR QUÉ UNIRSE A PREVENTABLE?

Al participar, está desempeñando un papel activo en su propia salud y está ayudando a generar evidencia sobre el envejecimiento saludable que puede ayudar a las futuras generaciones.

También puede beneficiarse del monitoreo adicional de su memoria y funciones físicas.



Únase al estudio más grande de prevención de la demencia



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¿QUÉ DEBO ESPERAR SI DECIDO PARTICIPAR?

Participar en el estudio PREVENTABLE es fácil. Puede participar en el estudio en una clínica o desde su casa por teléfono desde cualquier lugar en los Estados Unidos. Se le enviará el medicamento del estudio y un médico del estudio le hará un seguimiento por teléfono y a través de sus registros médicos.

Se realizará lo siguiente:

- Se le extraerá sangre (solo para la visita en la clínica).
- Pruebas breves físicas y de memoria.
- Será asignado al azar para tomar el medicamento del estudio o el placebo. Tomará una (1) píldora al día.
- Tendrá una (1) llamada telefónica de seguimiento al año. Cada llamada debe durar unos 30 minutos.

Se espera que el estudio dure unos cinco (5) años. No se le cobrará por el medicamento del estudio ni por ningún procedimiento relacionado con el estudio.

Nos comprometemos a compartir con usted lo que aprendimos de PREVENTABLE al final del estudio.

¿CÓMO PUEDO PARTICIPAR?

Usted puede ser un buen candidato para el estudio si tiene 75 años o más, no toma estatinas y no tiene lo siguiente:

- Enfermedad cardíaca (infarto cardíaco o accidente cerebrovascular)
- Demencia
- Una discapacidad significativa que limita sus actividades básicas de la vida diaria

NUNCA HE PARTICIPADO EN INVESTIGACIONES. ME PREGUNTO SI SOY DEMASIADO VIEJO.

Este es un estudio sobre la función y no la edad. Alentamos a las personas mayores de 75 años a que consideren participar. Si decide participar, al equipo de PREVENTABLE le gustaría que sepa que su seguridad es nuestra principal preocupación. Estamos disponibles para responder sus preguntas y con gusto nos reuniremos con usted, su familia o cualquier otra persona que usted desee para asegurarnos de que se sienta cómodo con su decisión de participar en PREVENTABLE.

¿CUÁL ES EL MEDICAMENTO DEL ESTUDIO?

La atorvastatina (nombre comercial, Lipitor®) es el medicamento del estudio. Es un tipo de estatina reconocida y se ha recetado a adultos de edad avanzada durante muchos años.

Será asignado al azar para recibir un placebo o atorvastatina. Un placebo es una píldora que no contiene medicamento. Ambas píldoras tendrán el mismo aspecto.

