



Utah Commission on Aging Quarterly Summit Agenda Thursday – September 05, 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 Darlene Curley
First time attendees – please put name and organization in chat.

12:05 Packet Partner Briefs

12:15 Conversation on Master Plan for Aging Rob Ence

1. Timeline Update, Grant Award, Gov Staff
2. Sector Review & Opportunity Discussions: **Progress, Highlights, Policy**
 - a. Age Friendly Ecosystems
SL Co Regional Solutions Event Ryan Anderson
 - b. Live Well Everyday
Falls Prevention Declaration Teresa Brunt
 - c. Affordable Aging
Professional Fiduciary Statute Troy Wilson
 - d. Plan for Life
Washington State POLST Rob Ence
 - e. Networks for Care
Building the Toolbox Kate Nederostek
 - f. Embrace Technology
Digital Equity Partnership Clint Cottam

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

1. Next Steps

Rob Ence

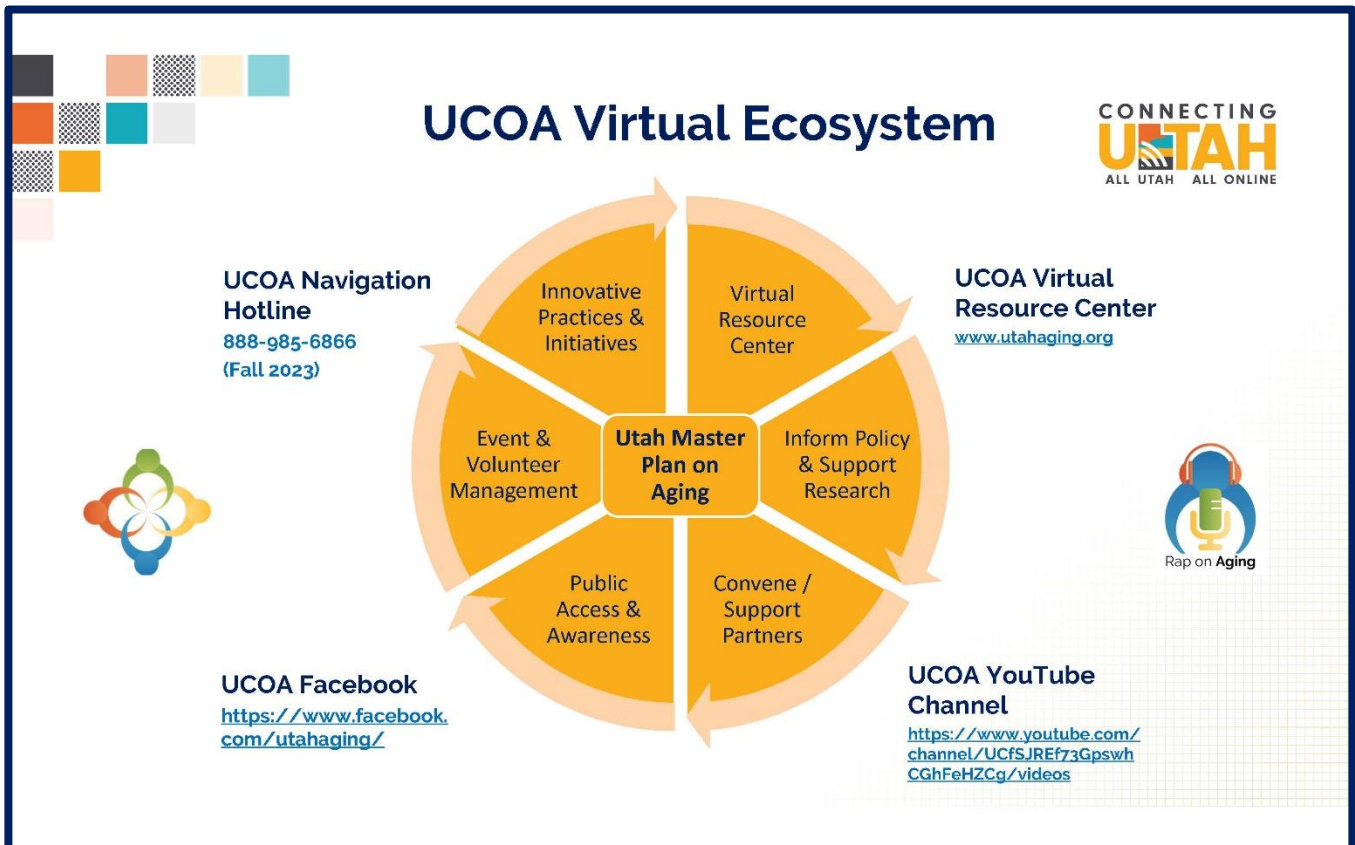
- a. Current Draft Feedback
- b. 3-year Aging Priorities
- c. Demographic Research Opportunity
- d. Confirm Acknowledgements
- e. Better Engagement of UCOA Members/Partners

01:20 Participant comments and input

Darlene Curley

Next meeting Thursday – Nov 14, 2024, at Noon – via Zoom







SALT LAKE COUNTY'S 2024 REGIONAL SOLUTIONS EVENT: AGING IN PLACE

In the face of rapid demographic changes and an evolving urban landscape, planning for resilient and inclusive communities has never been more critical.

This event will bring together experts, planners, and community leaders to address pressing issues related to our aging population and to explore innovative strategies that support aging in place.



October 2nd, 2024 from 9:30 AM to 4:30 PM



Viridian Event Center, 8030 S 1825 W,
West Jordan, UT 84088

AICP CM Pending

In partnership with



Purchase your tickets today!

 slco.to/RegSolutions



RioTinto





Spencer J. Cox
Governor

Declaration

Whereas, in 2022, unintentional falls among Utahns age 65 and older led to more than 398 deaths, 4,036 hospitalizations, and 17,867 emergency department visits each year;

Whereas, falls can lead to depression, low mobility, and loss of functional independence;

Whereas, in 2022, the hospital charges for unintentional falls among Utahns age 65 and older exceeded \$228 million;

Whereas, the financial toll for older adult falls is expected to increase as the population ages and may reach \$101 billion nationally by 2030; and,

Whereas, injuries from falls are largely a preventable community health problem;

Now, therefore, I, Spencer J. Cox, governor of the state of Utah, do hereby declare Sept. 23-27, 2024, as

Falls Prevention Week in Utah

A handwritten signature in black ink, appearing to read "Spencer J. Cox".

Spencer J. Cox
Governor

MUSEUM AND MEMORY

DEMENTIA-FRIENDLY ART EVENT

Inviting Individuals with Memory Impairment and Their
Caregivers to a Free Art Therapy Event



Facilitated by Art Therapist Susie Andruk, MA LMFT, ART-BC

WHAT YOU WILL DO:

- Create Your Own Art Collage
- Think Creatively
- Explore Your Memories
- Light Snacks Will Be Provided

September 6, 2024
10:00 AM - 1:00 PM
Open House At NEHMA

Caregivers Will Be Required to Stay With Their Care
Recipient/Loved One At All Times

Free Parking Available at the Gateway Terrace
Validation Available at NEHMA's Front Desk



Emma Eccles Jones College of Education & Human Services
Alzheimer's Disease & Dementia Research Center •
Nora Eccles Harrison Museum of Art

PLEASE CONTACT 435-557-9849 OR ADRC@USU.EDU FOR QUESTIONS AND TO RSVP

THIS IS WHY WE WALK.



At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for a different future. For families facing the disease today. For more time. For treatments.

We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk.

Cache County - 9/7

Summit/Wasatch County - 9/7

Cedar City - 9/14

Utah County - 9/14

Weber/Davis County - 9/28

Salt Lake County - 9/28

St. George - 10/19

Register here:



2024 NATIONAL PRESENTING SPONSOR

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Questions? Interested in being a sponsor?
Call the Utah Chapter staff at 801.265.1944

**WALK ^{TO} END
ALZHEIMER'S™**

ALZHEIMER'S  ASSOCIATION®

R6 Regional Council Veteran & Caregiver Conference

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



WHEN: Tuesday, September 24th
9:30am to 3:00pm (*Check-in 9:30am - 10:00am*)

WHERE: R6 Regional Council Building (formerly *named Six County*)
82 East 600 North, Richfield, UT 84701
Virtual Option Available

WHAT: Free event for Veterans, caregivers and professionals to learn about resources and support in the community. Lunch included.

HOW: Register by September 20th in one of these ways:

1. Call or email R6 Regional Council:
 - Tiffany 435-893-0731 tiffanyg@r6.utah.gov or
 - Jill 435-893-0748 jillfullmer@r6.utah.gov
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*

R6 Regional Council Aging Services Veteran & Caregiver Conference September 24, 2024 Agenda

9:30 – 10:00	Conference Registrants Check-In	
10:00 – 10:30	Welcome & R6 Local Resources	Doug Kirkham, R6 Aging Services Director
10:30 – 11:00	VA Caregiver Support Programs	Andrew Wittwer, MSW, MPA, General Caregiver Support Services
11:00 – 11:45	VA Healthcare Enrollment & VA Benefits	Coy Miller & Daniel Prorok Salt Lake VA Medical Center & Veterans Benefits Administration
11:45 – 12:30	Lunch (provided) & Resource Table Stroll	
12:30 – 1:10	Creating Your Care Team	Kate Nederostek, MGS, CDP & Kristy Russell, MS, CHES, Utah Dept. of Health and Human Services Aging & Adult Services
1:10 – 1:30	Activity Break: BingoCize	Facilitated by: Sharon Bullard
1:30 – 2:00	Screening for the 3D's: Dementia, Depression and Delirium	Randall Rupper, MD, Director (Clinical) GRECC
2:00 – 2:30	Caregiver Conversations	Tracy Heavyrunner, Program Manager Alzheimer's Association Utah Chapter
2:30 – 3:00	Survey, Wrap Up & Q&A	Conference Presenters

Now Offering!

Dementia and Caregiver Clinic

The Dementia and Caregiver Clinic helps connect caregivers of individuals with dementia, as well as the care recipient, to supportive resources.

Meet with our interdisciplinary team representing

- Mental Health
- Audiology
- Speech and Language Pathology
- Community Supports

Please contact us for more information

Services are available in-person and via telehealth

KJ Uluave, LCSW

Email: kj.uluae@usu.edu

Phone: 435-797-2088



Emma Eccles Jones College of Education & Human Services
Sorenson Legacy Foundation Center for Clinical Excellence
UtahStateUniversity

HOMECARE & HOSPICE ASSOCIATION OF UTAH

FAMILY FUN RUN & MEMORIAL WALK



**FREE TO
EVERYONE**



SEPT. 21

8:30 - 10:30 AM



Homecare & Hospice
Association of Utah

5K RUN & WALK

**START/END AT WINCHESTER PARK PAVILION
1250 W. WINCHESTER ST, MURRAY**

PLEASE REGISTER & SIGN REQUIRED WAIVER ONLINE!

**COME SHOW SUPPORT FOR THOSE
WHO CARE FOR THOSE YOU LOVE**

VOLUNTARY DONATIONS BENEFITTING THE HOMECARE AND
HOSPICE ASSOCIATION OF UTAH, A 501(C)(3) ORG. ARE WELCOME!

Visit <https://www.hhau.org/event-5263610>
or contact help@hhau.org for more info.

**SCAN BELOW
TO REGISTER**





LEAD Study

Life-Planning in Early Alzheimer's and Other Dementias

*Discuss your end-of-life care preferences with
the person who will be involved with your care.*

- + Have you noticed changes in your memory or thinking skills?
- + Have you been diagnosed with mild cognitive impairment, Alzheimer's, or another type of dementia?
- + Are you or will you be caring for a person with memory changes or dementia?

We are looking for pairs who would like to complete advance care planning documents and discuss their care preferences with each other.

This study lasts 20 weeks, but only takes six hours of your time.

You can **participate in the comfort of your own home** using your laptop, desktop computer, tablet, or Chromebook.

Participants will be paid for their time.



Who Can Participate

This study is for pairs (2 people).

The first person has changes in their memory or is in the early stage of dementia.

If you are this person, you may be eligible to participate if:

- You are age 50+
- You are interested in having conversations about and documenting your wishes for your future care
- You have noticed changes in your memory or thinking skills OR
- You have been diagnosed with mild cognitive impairment, Alzheimer's disease, or another type of dementia

The second person is the care partner, usually a spouse/partner, family member, or close friend.

If you are the care partner, you may be eligible to participate if:

- You are the spouse/partner, family member, or close friend
- You are age 18+

How to Participate

Email us at

lead@utah.edu

OR

Scan the QR code



This study is conducted by
Dr. Kara Dassel at
the University of
Utah College of
Nursing
(IRB_0013204)

📞 801-587-7353



**COURSES FOR AGES 50 &
BETTER IN VISUAL ARTS,
POLITICS, HISTORY,
SCIENCE & TECHNOLOGY,
FITNESS, LITERATURE,
AND MUSIC!**



FALL 2024 COURSES | REGISTRATION OPENS AUG 6 AT 9AM | [OSHER.UTAH.EDU](https://osher.utah.edu) | 801.581.6461



Building a **COMMUNITY** *of* **LEARNING**



A LIFE-ENHANCING, INTELLECTUAL COMMUNITY

At the University of Utah, we enjoy one of the largest and fastest-growing Osher Lifelong Learning Institutes in the country. Osher changes lives every day by offering more than continuing education courses. We support a community of curious adults who value education highly. We are a community of peers, seasoned adults ages 50 and better, who bring a wealth of life experience and knowledge to the classroom and to this special program. We offer courses, lecture series, tours, and educational field trips during four terms each year, six weeks in fall, winter, spring, and summer.

NURTURING RELATIONSHIPS AND CURIOSITY

Osher is built on special relationships. We support passionate instructors who give their time and expertise, sharing what they care about most. We benefit from the skills of dedicated volunteers who recruit instructors, create engaging activities for their fellow members, and help spread the word about this life-changing program.

BUILD A NETWORK OF FRIENDS

If you are looking for a chance to become more actively engaged and involved in a vibrant community, Osher has an opportunity for you. From simply taking classes or volunteering as an assistant, to serving on an esteemed committee, or even teaching a course yourself to share your life's wisdom, there are many ways to meet new friends, have fun, and make a difference.

Enrich your life by enrolling in one of Osher's engaging classes and events today. We would love to welcome you into our lifelong learning community.

MORE INFORMATION

Please contact the Osher offices by calling **801-581-6461** or emailing **osher@utah.edu** to find out more about our wonderful program and the many benefits of membership. **Membership is just \$40 per year.**

NEW ADULT DAY PROGRAM: OPTIMAL AGING PROGRAM

HMHI Geriatric Psychiatry Clinic

About the Optimal Aging Program

- 4-week program
- More intensive support than traditional outpatient clinics
- Multidisciplinary: Social Work, Psychiatry, Gerontology, Expressive & Exercise Therapy, etc.
 - **Schedule and Time:** Monday-Friday, 9:00 am to 1:00 pm, Lunch
 - **Where:** Huntsman Mental Health Institute
501 Chipeta Way, Salt Lake City, UT 84108

Goals and Objectives

1. Learn acceptance and adaptation towards aging.
2. Learn new skills to practice at home to help support a healthier lifestyle.
3. Increase socialization and find support through other participants within the program.

Contact information:

801-587-8221

briana.velarde@hsc.utah.edu

COMPREHENSIVE THERAPEUTIC APPROACHES

- **Group Therapy**
 - Acceptance and Commitment Therapy (ACT)
 - Dialectical Behavior Therapy (DBT)
- **Expressive therapy**
 - Art
 - Music
 - Technology Engagement
 - Healthy Aging Education
 - Physical Exercise
- **Mindfulness Practice**
 - Meditation
 - Breathing Exercises
- **Social and Cognitive Engagement**
 - Brain Exercises
 - Support for participants during therapeutic activities and lunch



FREQUENTLY ASKED QUESTIONS

- **The OAP is ideal for individuals who:**
 - Have previous treatment experience.
 - Have tried less intensive forms of treatment with little success.
 - Have recently completed an inpatient or hospitalization.
- **Who may not be suitable for OAP:**
 - Patients with dementia.
 - Patients with substance use disorder (SUD).
- **Does OAP take Medicare?**
 - Yes
- **Does OAP take Medicaid?**
 - No
- **Does OAP take private insurance?**
 - Yes

Thank you!

Feel free to reach out if you have any questions.

HMHI Optimal Aging Team

Attending Psychiatrists:

Dr. Martin Freimer and Dr. Haley Solomon

Group Therapist: **Amber Whitaker, CSW**

Attending Group Therapist: **Suzanne Latrice Henry, LCSW**

Clinic Manager: **Karina Rasmussen**

Project Manager, Aging Education, Art Therapy: **Anne Asman, MS**

Case Analyst, Tech Trainer, Exercise Specialist: **Briana Velarde, MS**

Contact Briana Velarde with Questions

briana.velarde@hsc.utah.edu

801-587-8221

****Use CON3040130 to create a new order “IP Behavioral Health
Referral to Adult Day Treatment”**