

## Utah Commission on Aging

### Quarterly Summit Agenda

Thursday – May 11, 2023

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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)*

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#### Agenda

- 12:00 Welcome to members and partners Rob Ence  
*First time attendees – please put name and organization in chat.*
- 12:05 Legislative and Partner Updates
- Legislative Wrap Up Alan Ormsby
  - Advance Care Planning Summit Debrief Rob Ence
  - Utah Elder Abuse Awareness Day – June 15 Preview
  - Family Caregivers Report – Stakeholder Engagement Becky Utz
  - Master Plan on Aging – Cohort Application Rob Ence
  - E4 Policy Academy for Behavioral and Mental Health Plan
  - Utah Geriatrics and Gerontology Society Collaboration Kate Nederostek
  - Alzheimer’s Disease and Related Dementias Campaign
- 12:45 Critical Home Repair Program Habitat for Humanity Kimberlin Correa
- 01:00 Arts in Aging
- Teaching Artists Program Comments Emily Christensen, Amy Anderson  
Museum of Fine Arts Older Adult Program Laura Wilson
- 01:30 Adjourn

Next meeting Thursday – Aug 10, 2023 at Noon – via Zoom

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

## *In Fond Memory*



A moment to reflect on Wendel Burt, business representative to the Utah Commission on Aging, who died suddenly while on vacation with his family near Palm Springs last week. Wendel was a giant in our community having started the highly successful Burt Brothers Tire Company with his younger brother. Wendel had an infectious smile and warm personality who made a difference in the lives of all he met. He will be greatly missed by all.

## **Wendel Kent Burt**

**September 1, 1954 — April 26, 2023**

**St. George**

## *In Appreciation*

## **Andrew Jackson**

A special thanks to Andrew Jackson for his years of service to the Utah Commission on Aging as Chair and representing transportation and association of governments. We all wish him the very best in his retirement or an adventurous “what’s next.”



# ARTS & AGING *Celebration!*

Join Jewish Family Service as we  
celebrate a year of Creative Aging!



## RECEPTION

Thursday June 15, 6 – 8 pm

Program at 6:30

Sorenson Unity Center

1383 S 900 W, SLC, UT

*The Art Exhibit will be on display June 7–30*



## JFS ARTS & AGING PROGRAMS

Exploring Creativity weekly virtual group

Exploring Art Courses

Active Music Listening Course

Beginning Drawing Course

Gleeful Choir

Music and Memory



» **YOUR RSVP IS APPRECIATED!**



Jewish Family Service  
Caring for all Utahns since 1872



Utah Division of  
**Arts & Museums**

  
Sorenson Unity Center



# Creative Aging Artists from Terrace Grove present their work at NEHMA



## Artist Statement — Betty Slack

I have always enjoyed art. Sewing is something I have enjoyed since I was a young girl in home economics. My teacher made such a lasting impression on me.

I have also enjoyed walks in nature and seeing the beauty around me. The art pieces I have painted and created reflect those elements of beauty. I remember standing on the Golden Gate Bridge and seeing those elements and colors work together to create a beautiful scene. In my final project, I wanted to bring those elements of land, sea, and air together in their natural colors.

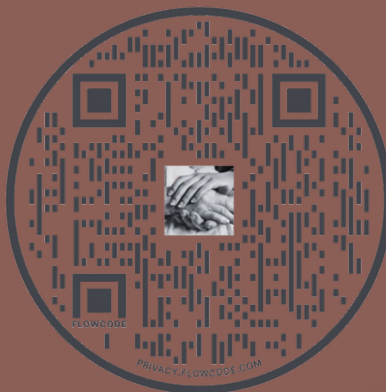
I have always had this talent inside of me. I appreciated the encouragement and guidance I received in the class to allow me to express this. We all came together for the same project, but our visions were all so different. It's been fun to create and learn from each other.







# CAREGIVER SEMINAR & WORKSHOPS



**SATURDAY, MAY 20, 2023**

BLANCH FAMILY EDUCATION CENTER

ALTA VIEW HOSPITAL  
SANDY, UT

**@LYNDENLEGACY**



# Free Resource for Behavioral Health in Nursing Facilities!

The Center of Excellence for Behavioral Health in Nursing Facilities (COE-NF) was established in September 2022 by the Substance Abuse and Mental Health Services Administration (SAMHSA) in collaboration with the Centers for Medicare and Medicaid Services (CMS).

It provides mental health and substance use training, customized technical assistance and resources to certified Medicare and Medicaid nursing facility staff who care for residents with a variety of behavioral health conditions at absolutely no cost.



Interested in learning more about the Center of Excellence for Behavioral Health? Visit our website and Online Resource Hub at [www.NursingHomeBehavioralHealth.org](http://www.NursingHomeBehavioralHealth.org) or scan the QR code.



Want to request assistance for Mental Health and Substance Use training? Submit an online request by scanning the QR code or call our National Call Center at 844-314-1433



Want to hear about our ongoing behavioral health trainings and resources? Sign up for our newsletter by scanning the QR code.



# UGEC AGE-FRIENDLY ECHO

**What:** An ECHO program which focuses on the 4Ms of the Age-Friendly Health Systems (Mobility, Medications, Mentation, and What Matters), and utilizes case-based learning and mentorship to ensure ambulatory and long-term services and supports (LTSS) providers successfully integrated the 4M's framework into patient care.



**Who:** Long-term services and supports and ambulatory care providers, family caregivers, and students

**How:** To access this program go to the UGEC Educational & Training page:  
<https://utahgwep.org/trainings>

**Benefits:** Each ECHO session offers 1.25 credits for:

- Continuing Medical Education (CME)
- Social Work Continuing Education
- Nursing Contact Hours

If you would like to be added to our mailing list email:  
[ugecgwep@utah.edu](mailto:ugecgwep@utah.edu)





# UGEC FIRESIDE CHATS

**What:** A training program designed for family caregivers that promotes age-friendly care and dementia-friendly communities. These "Chats" are open to the community and offered online, via the video-conferencing platform Zoom, on the 1st Thursday of every month at 10am (MT).



**Who:** Long-term services and supports and ambulatory care providers, family caregivers, and students

**How:** To access this program go to the UGEC Educational & Training page:  
<https://utahgwep.org/trainings>

If you would like to be added to our mailing list email:  
[ugecgwep@utah.edu](mailto:ugecgwep@utah.edu)



## Fireside Chats

The UGEC Fireside Chats promote age-friendly health care and dementia-friendly communities through monthly, online educational presentations. These "chats" are open to the community and are offered virtually via the video-conferencing platform, Zoom. The Fireside Chats are held on the first Thursday of each month at 10 am MT. Please check our events calendar to see when the next Fireside Chat will be held. The event on the calendar will also contain the link to join the Fireside Chat remotely.



Find all our programs & offerings at <https://utahgwep.org/trainings>

### Questions about UGEC?

Email us at [ugecgwep@utah.edu](mailto:ugecgwep@utah.edu)

### Follow us on social media:



## ADDITIONAL UGEC PROGRAMS FOR STUDENTS, LTSS HEALTH CARE PROVIDERS & STAFF AND COMMUNITY INCLUDE:

- Age-Friendly ECHO for primary care and LTSS providers
- Age-Friendly Care Training Modules
  - Geriatric Core Competencies
  - Communication, Care Transitions and End-of-Life Conversations
  - Fundamentals of Quality Assurance and Performance Improvement (QAPI)
- Alzheimer's Disease and Related Dementia Online Training Modules
- Interprofessional Education Courses about Long-Term Care and Communicating with Older Adults
- Gerontology Interdisciplinary Program Graduate Certificates with an Emphasis in LTSS
- Serious Illness Conversation Guide Training
- Managing Opioid Use in Long-Term Care Training Modules
- Implementing the 4M's Framework in Ambulatory Care settings
- Connecting Care Through Telehealth for Long-Term Services and Supports
- Motivational Interviewing
- Goals of Care Conversation Training
- Student Projects to Build Intergenerational Communication Skills
- Medical Student Training in the Foundations of Gerontology

# UTAH GERIATRIC EDUCATION CONSORTIUM

## PROGRAMS & OFFERINGS



### Visit our website

[www.utahgwep.org](http://www.utahgwep.org)  
or scan the QR code





## ABOUT UGEC

The Utah Geriatrics Education Consortium (UGEC) programs focus on the 4Ms of the Age-Friendly Health Systems (Mobility, Medications, Mentation, and What Matters), and aim to enhance healthcare provider workforce capacity to integrate geriatrics and primary care outcomes of older adults utilizing LTSS, and to increase patient, family, and caregiver engagement across rural and urban Utah.

## WHAT WE OFFER

### ECHO Series

The Utah Geriatrics Education Consortium (UGEC) Age-Friendly ECHO series focuses on the 4Ms of the Age-Friendly Health Systems (Mobility, Medications, Mentation, and What Matters). This ECHO series utilizes case-based learning and mentorship to ensure ambulatory care and long-term services and supports (LTSS) providers successfully integrated the 4M's framework into patient care. The UGEC Age-Friendly ECHO series is free and open to the public, and is shared with ambulatory care and LTSS providers throughout the state of Utah.

Registration is required for this ECHO series.

Register at

<https://utahgwep.org/trainings/age-friendly-ltss-echo>

### Questions about the ECHO?

Contact Jacqueline Telonidis at  
[Jacqueline.Telonidis@hsc.utah.edu](mailto:Jacqueline.Telonidis@hsc.utah.edu)

## Connecting Care Through Telehealth for Long-Term Services and Supports

An online course designed using the Age-Friendly Health Systems 4Ms framework to inform and improve best practices about telehealth and virtual services for providers and care-teams, patients/residents, and families and caregivers in long-term services and supports (LTSS) settings through the following modules:

- Telehealth and Virtual Services in LTSS
- Connecting and Setting up a Telehealth Visit
- Facilitating a Successful Telehealth Visit
- Tele-Visit Tutorials for Patients, Families, and Caregivers
- Monitoring and Quality Improvement of Telehealth Programs

This course also includes checklists, technology troubleshooting tips, and communication guidelines that can be modified for your LTSS setting.



## Roles in Long-Term Services and Supports

Learn more about the long-term care and end-of-life industries from those who work in them. Presenters describe typical work responsibilities, discuss important qualifications and characteristics of successful employees, and give tips on where to learn more or get started. Workers share what they love about their jobs as well as its challenges, while care beneficiaries share why their care team means so much to them!

## Alzheimer's Disease and Related Dementias (ADRD) Training

Expert faculty and clinicians at the University of Utah have created a series of free online training modules to help increase knowledge about Alzheimer's Disease and Related Dementias (ADRD) and improve care of residents with dementia. These trainings are designed for patients, family members, and direct care employed in post-acute or long-term care settings.

The online educational program is divided into four modules that, in total, will take 2-3 hours to complete. The topics covered in each module include:

- Dementia: Causes, Symptoms, & Progression
- Treatment Options for Challenging Behaviors
- Effective Interprofessional Care Teams
- Dementia-Focused Communication Techniques

## Managing Opioid Use in Long-Term Services and Supports

These interprofessional modules for students, health care providers and LTSS staff are centered around opioid use, including topics such as:

- Reasons for prescribing opioids to treat acute and chronic pain
- Pharmacology of opioid use in older adults with multiple chronic conditions including dementia
- Appropriate prescribing of opioids in nursing home residents
- Opioid misuse in nursing home residents including assessment and treatment
- Non-opioid pharmacologic and non-pharmacologic pain management regimens

# Living and Aging with Pride on ABC 4 Utah

Tune in on **May 7th** at 10:30 am



The broadcast will be available on **YouTube, Facebook Watch, Instagram, LinkedIn, and the Living with Pride website.**

And on our 8th episode, **we are giving away a Mexican Riviera vacation.** You do not want to miss this show! More info @ [www.livingwithpride.org](http://www.livingwithpride.org)

Living and Aging with Pride is coming to ABC 4 Utah! Join us for a fresh new show about you and the things you need to do to make your life better. Each episode will focus on issues that will impact the lives of older adults and their families, with insightful and thought-provoking information to help you live life better.

Tune in on May 7th at 10:30 am to watch James Brown, a senior just like you, share his mission to make your life better. From health and wellness to social connections and financial planning, Living and Aging with Pride will provide you with entertaining and informative content that you won't want to miss.

Don't forget to follow us on multiple social media platforms, including YouTube, Facebook Watch, Instagram, and on the Living with Pride website. Get ready to refresh your life with Living and Aging with Pride on ABC 4 Utah. Live life better, watch Living and Aging with Pride.

For further information, how you can contribute or donate, contact us at: 801-608-3066 · [james@livingwithpride.org](mailto:james@livingwithpride.org) or **[www.livingwithpride.org](http://www.livingwithpride.org)**

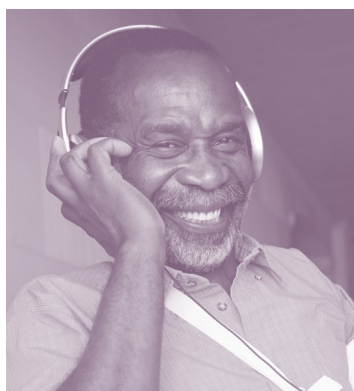






Jewish Family  
Service

Caring for all  
Utahns since 1872



# OLDER ADULT PROGRAMS

Jewish Family Service offers programs for people with dementia and their caregivers as well as an arts program for older adults.

## CAREGIVER SUPPORT GROUP

Join a group where you will be understood, learn skills to help you in your role, and address self care. Our no-cost groups are designed to provide educational, emotional, and social support to individuals caring for someone with Alzheimer's disease or other dementia. We offer virtual and in-person options for meetings.

## DEMENTIA FRIENDLY ACTIVITY

This special class engages those living with dementia through stimulating activities, such as bingo, animal videos, music, games, crafts, laughter, and fun. All the supplies are provided.

## MUSIC & MEMORY

Music and Memory is an innovative and effective tool providing personalized music playlists to older adults living with dementia and cognitive decline. The program includes an iPod loaded with a personalized playlist, Skullcandy headphones, charging equipment and time and support from our staff.

**For information on these programs, or to enroll, contact:**  
**Rosemary Quatralle / [rosemary@jfsutah.org](mailto:rosemary@jfsutah.org) / 801-746-4334**

## GLEEFUL! CHOIR

This is a choir for persons living with dementia and their care partners. The choir offers participants an opportunity to enjoy success, contribution, connection, and creativity. The choir meets on alternative weeks in-person and virtually on Wednesdays at 3:00 pm. No singing experience necessary.

## EXPLORING CREATIVITY

Older adults who engage in creativity have better emotional, cognitive, and physical health. In this group for adults 55+, we introduce and participate in a different form of art each month. This class is held virtually every Wednesday from 10:30 to 11:30 am. No art experience necessary.

**For information on these programs, or to enroll, contact:**  
**Emily Christensen / [emily@jfsutah.org](mailto:emily@jfsutah.org) / 435-840-5661**

# THE LONGEST DAY<sup>®</sup>

alzheimer's  association<sup>®</sup>

**SAT. JULY 8TH**  
**9:00 AM**

## *Paddling Against Dementia!*

*The Longest Day is the day that we fight!*

**PLEASE JOIN ME AS I ATTEMPT TO PADDLE BOARD  
5 MILES AROUND PINEVIEW RESERVOIR! GRAB YOUR  
BOARDS & PADDLE WITH ME TO HELP SUPPORT THOSE  
LIVING WITH ALZHEIMER'S AND ALL OTHER DEMENTIA!**

THE LONGEST DAY IS THE DAY WITH THE MOST LIGHT — THE SUMMER SOLSTICE IS JUNE 21. THE DAY MOST DIFFICULT FOR THOSE LIVING WITH DEMENTIA AND FOR THOSE CARING FOR THEM. TO HONOR THE LONGEST DAY THOUSANDS OF PARTICIPANTS FROM ACROSS THE WORLD COME TOGETHER ON VARIOUS DAYS THROUGHOUT THE SUMMER TO FIGHT THE DARKNESS OF ALZHEIMER'S THROUGH A FUNDRAISING ACTIVITY OF THEIR CHOICE.

YOU CAN HELP BY MAKING A DONATION — OR EVEN JOINING OUR TEAM — TODAY.

WE NEED YOUR HELP TO END THIS RELENTLESS DISEASE.

TOGETHER, THE STRENGTH OF OUR LIGHT WILL OUTSHINE THE DARKNESS OF DEMENTIA.

YOUR KINDNESS AND GENEROSITY TRULY MAKE A DIFFERENCE IN THE FIGHT AGAINST ALZHEIMER'S. THANK YOU FOR YOUR SUPPORT!

**Saturday July 8th, 2023**

**9 am-Noon**

Wendy Farr

7065 East 200 South

Huntsville, UT

wendolynn66@msn.com



**Scan QR code to  
join the team  
AND donate to  
our efforts!**

**WE'LL HEAD OUT TOWARDS  
ANDERSON COVE, CIRCLING  
AROUND TO  
CEMETERY POINT  
BOAT LAUNCH AND BACK  
TO PETERSON COVE!**





# SPA FOR A CAUSE

## INTERESTED IN GIVING BACK?

In honor of my mother, I am partnering with the Alzheimer's Association by donating 100% of the proceeds from 10 treatments during the month of June. *I am inviting YOU, my fellow estheticians of Utah, to join me in these efforts!*

**WANT TO GET  
STARTED? SEE NEXT  
FLYER**





# LET'S GET STARTED!



☐ **Step 1: Register for The Longest Day (Alzheimer's Association fundraising platform)**

- Use the QR code above or search [alz.org/tld](https://alz.org/tld)
- Register yourself or your Spa for The Longest Day - choose whatever team name you deem fitting! (Mine is called "Heart Memories")
- You'll kick off your "Spa for a Cause" with a \$20 self-donation

☐ **Step 2: Choose how you'd like to Giveback**

- Would you like to donate a # of treatments? % of proceeds?
- Ex: Donate the proceeds from your first 10 treatments or donate a % of proceeds at the end of June.

☐ **Step 3: Contact Ellen Burbank for Support**

- 385-298-1989 or [egburbank@alz.org](mailto:egburbank@alz.org)
- She will help you navigate your fundraising page / provide you with personalized marketing materials





# ***BIKE TO END ALZ***

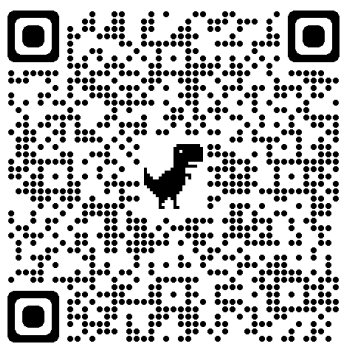
CONTRIBUTE TO ALZHEIMER'S RESEARCH,  
CARE, AND SUPPORT

**Saturday, June 17th, 2023 | 100 miles\***



\* Shorter routes available

**Scan QR Code for Start Time, Route Details, & to Sign Up**



# LAVENDER LEMONADE STAND

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for the benefit of the Alzheimer's  
Association: Utah Chapter

Support Alzheimer's research, quality care, and  
caregiver support by purchasing a \$3 lavender  
lemonade & be entered into a giveaway!

I am raising awareness and funds for  
Alzheimer's Disease in honor of my mother,  
Patricia, who passed from this devastating  
disease in 2010.





# WALK <sup>TO</sup> END ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION®



## Utah Walk to End Alzheimer's 2023

**Summit/Wasatch County** - August 19th

**Cedar City** - August 26th

**Cache County** - September 16th

**Utah County** - September 16th

**Weber/Davis** - September 23rd

**Salt Lake County** - September 30th

**St. George** - October 21st



**Register Here!**

**For questions about memory loss, dementia, and Alzheimer's disease call  
our 24/7 helpline at 1 (800) 272-3900 or visit ALZ.org**



# ***CHIRP***

## CRITICAL HOME REPAIR PROGRAM

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Health • Safety • Asthma

# 10 YEARS OF SUCCESS

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We collaborate with multiple non-profits throughout Salt Lake County.

Received \$2.5 Million to make critical home repairs in Salt Lake County.

***CHiRP** has improved the health and life safety of  
**573** people in the Salt Lake Valley, including  
**366** children, **92** seniors, **26** Veterans, and  
**85** people with disabilities.*

# PROJECT EXAMPLES

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- Mold/Radon/Pest abatement.
- Replace or repair leaky roof, broken windows, other sources of moisture.
- Replace swamp cooler with central air.
- Replace damaged flooring, improve accessibility.
- Replace hot water heater/furnace.
- Update electrical/smoke detectors.



# HOW IT WORKS

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- **NO UPFRONT COST TO HOMEOWNER.**
- Up to \$5,000 per project may be granted to the homeowner.
- The rest is financed with either:
  - 0% 10-year mortgage, OR
  - 0% deferred payment title lien

*Projects range from \$500 to \$25K.*

*Average is \$14,000.*

# WHO IS ELIGIBLE FOR CHIRP?

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- Homeowners in Salt Lake County *sorry – no mobile homes or renters*
- 30% to 80% AMI *between \$31K and \$82K for a family of four*
- US Citizen or legal resident alien

# EASY ASSESSMENT TOOL

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Does the patient's family report any of these issues?

- |  |   |
|--|---|
| <input type="checkbox"/> Damaged, torn, missing, rolling flooring. | <input type="checkbox"/> Outlets or lights don't work.      |
| <input type="checkbox"/> Missing roof shingles.                    | <input type="checkbox"/> Breakers frequently trip.          |
| <input type="checkbox"/> Signs of leaking roof.                    | <input type="checkbox"/> Has a swamp cooler or no cooling.  |
| <input type="checkbox"/> Broken or missing windows.                | <input type="checkbox"/> Water heater not working.          |
| <input type="checkbox"/> Visible mold or moldy smell.              | <input type="checkbox"/> Furnace or A/C not working.        |
| <input type="checkbox"/> Leaking faucets.                          | <input type="checkbox"/> Missing or broken smoke detectors. |
| <input type="checkbox"/> Needs a ramp or accessibility upgrades.   | <input type="checkbox"/> Signs of pest/rodent infestation.  |



# MAKING REFERRALS

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- **UniteUs** *preferred method for healthcare providers*
- Email: [referrals@habitatsaltlake.com](mailto:referrals@habitatsaltlake.com)
- Phone Call: 801-263-0136 ext. 5
- Webform: [www.habitatsaltlake.com](http://www.habitatsaltlake.com)

## Program Questions?

Kate Nielsen

[kate@habitatsaltlake.com](mailto:kate@habitatsaltlake.com)

801-263-0136 x 5