



UCOA Quarterly Meeting Agenda
Wednesday – August 8, 2019
12:00 PM – 1:30 PM

Bateman Horne Education Center
24 South 1100 East #205 (North End of 2nd Floor)

NOTE: Parking on street or in lot west of building.

Join Zoom Meeting <https://zoom.us/j/686637104>
Or Telephone 669 900 6833
Meeting ID: 686 637 104

Lunch Provided by Mountainlands Association of Governments and UCOA

UCOA Business Meeting

- | | | |
|-------|--|----------------------------|
| 12:00 | Welcome to Commission Members and Community Partners | Andrew Jackson |
| 12:05 | Executive Director Activity Update/Annual Report | Rob Ence |
| | Website update and YouTube launch | |
| | UHC Conference Aug 27-28 | Tara Rollins |
| | Advanced Care Planning Summit Sep 10 | Deepthi Rajeev |
| | N4A, etc. | |
| 12:30 | Community Partners | |
| | Grant Status ePOLST and Falls Prevention | Teresa Rivera |
| | Alzheimer’s Assoc. AAIC, Walks, State Plan | Ronnie Daniel, Lynn Meinor |
| | DOJ Grant – Elder Justice Report | |
| | Adult Protective Services | Mark Perry |
| | Utah Legal Services | TantaLisa Clayton |
| | Utah Commission on Aging | Rob Ence |
| 01:20 | Public Input | |
| 01:30 | Adjourn | |

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

Upcoming Events:

Next UCOA Meeting:

*November 7, 2019 – Thursday 12:00 – 1:30 PM
UHHN
1226 East 6600 South, Suite 205*

Other important dates:

*August 20, 2019 – Tuesday – 11:30 AM – 12:30 PM MDT
Utah 2-1-1 Addressing the Social Determinants of Health
Register here: <https://bit.ly/30Gf75t>*

*August 24 – October 12, 2019
Alzheimer's Walks throughout the state*

*August 27-28, 2019 – Tuesday - Wednesday, 8 AM to 6 PM
Utah Housing Coalition Conference, Park City Sheraton
1895 Sidewinder Dr, Park City*

*September 10, 2019 8 AM to 1 PM – Advance Care Planning Summit
Viridian Center
8030 South 1825 West, West Jordan*

Contact: Ronnie Daniel, Executive Director
(801) 265-1944 or rdaniel@alz.org

FOR IMMEDIATE RELEASE

AAIC Research Conference Highlights

OVERVIEW

The 2019 Alzheimer's Association International Conference (AAIC) brought together an estimated 6,000 Alzheimer's researchers from 60 countries around the globe to Los Angeles in July to share the results of new research projects focusing on finding a prevention, treatment or cure for the sixth-leading cause of death in the United States. Nearly 6 million people in the United States – including 33,000 Utahns – are among the 47 million people around the world currently living with Alzheimer's.

THE 2019 CONFERENCE

While the 3,400 scientific presentations made at the 2019 AAIC covered a broad spectrum of approaches to prevention, treatment and cure, the research that garnered the most attention this year was focused on several key areas:

- Lifestyle factors that may reduce one's likelihood of developing Alzheimer's or, at least, preserve cognition longer.
- Environmental and lifestyle factors that may create additional risk for people in developing Alzheimer's or other forms of dementia.
- Differences between the sexes and associated risk factors.
- Emerging technologies for diagnosing Alzheimer's

POSITIVE BENEFITS OF LIFESTYLE FACTORS

- **You can't change your genes, but you can change your lifestyle** – Research out of the United Kingdom based on data from nearly 200,000 adults of European ancestry age 60 and older indicates that participants in the study with high genetic risk and an unfavorable lifestyle were almost three times more likely to develop dementia compared to those with low genetic risk and a favorable lifestyle (no current smoking, regular physical activity, healthy diet and moderate alcohol consumption).
 - For those with a high genetic risk and a favorable lifestyle, their risk of developing dementia was determined to be 32 percent lower than for those with a high genetic risk and unfavorable lifestyle.
 - **Quote from Dr. Elzbieta Kuzma, research fellow at the University of Exeter Medical School:** "This research is exciting in that it shows there are actionable things we can do

to try to counteract genetic risk for dementia. In our study, adherence to a healthy lifestyle was associated with a reduced risk of dementia regardless of the genetic risk.”

- **The more healthy lifestyle factors the better** – Data from the Chicago Health and Aging Project (CHAP) and the Rush (University Medical Center/Chicago) Memory and Aging Project indicated that study participants (9 years at CHAP and 6 years at Rush) who adopted four or five low-risk lifestyle factors experienced about a 60 percent lower risk of Alzheimer’s dementia when compared with participants who did not follow any or only one of the low-risk factors. They also found that for participants who adopted one additional low-risk lifestyle factor, regardless of their current number of factors, their risk of Alzheimer’s dementia decreased an additional 22 percent.
 - The lifestyle factors identified included healthy diet, at least 150 minutes per week of moderate to vigorous physical activity, not smoking, light to moderate alcohol intake, and engaging in cognitively stimulating activities.

ENVIRONMENTAL/LIFESTYLE RISKS

- **Another reason not to smoke** – Research from the University of California/San Francisco indicates that “heavy stable” smokers were 1.5 to 2.2 times more likely to have cognitive impairment when compared to non-smokers, quitters or “minimal stable” smokers. They also found that cumulative smoking exposure in people who smoked a pack a day or more for over 10 years was associated with poor cognitive function – observed among smokers as early as their 40s.
 - **Quote from Dr. Amber Bahorik, University of California/San Francisco:** *“The more you smoke, the more increased risk you have for developing mid-life cognitive impairment.”*
- **Sleep medications and their impact on cognition** – Individuals who reported taking sleep medications “often” or “almost always” were found to be 43 percent more likely to develop dementia compared to those who reported “never or rarely” using the medications, according to a study conducted at the University of California/San Francisco on 3,068 adults ages 70-79. The study participants were followed to see if they would develop dementia over 15 years. It found no differences between men and women, and no increased risk was found for people taking sleep medications “sometimes.”
 - **Quote from Dr. Maria Carrillo, Alzheimer’s Association Chief Science Officer:** *“Research has shown us that not getting enough sleep because of insomnia or sleep apnea may result in problems with memory and thinking, and increase the risk for Alzheimer’s-related brain changes. The new findings reported at AAIC 2019 are important because disrupted sleep patterns not only put the overall health of people with dementia at further risk, they may also worsen their memory loss and disrupted thinking.”*
- **The impact of air pollution on our brains** – Air pollution known as “fine particulate matter” (20-30 times smaller than a human hair) has been linked to increased risk for Alzheimer’s disease and other dementias, according to a University of Southern California study that looked at 6,113 women ages 65 to 79 who did not have dementia at the time they enrolled in the study. The participants were followed over 14 years and tested annually for dementia with mathematical models that estimated the level of outdoor air pollution levels at each participant’s home.
 - **Benefits of higher cognitive reserve** – Interestingly, the University of Southern California study on air pollution grouped participants into categories of high or low cognitive reserve based on scores that factored in years of education, job status and physical activity. The study concluded that women with higher cognitive reserve showed

only a 21 percent increased risk due to living in polluted locations versus a 113 percent increased risk for those with lower cognitive reserve.

- **Quote from researcher Dr. Diana Younan:** “Our study showed that engaging in physically and mentally stimulating activities is an important element in cognitive reserve. The resulting benefit may offer protection against brain damage caused by outdoor air pollution exposure in late life.”

DIFFERING RISKS FOR MEN AND WOMEN

- **Women adapt better to Alzheimer’s in early stages** – Women typically outperform men on verbal memory tests, a trend which continues into early-stage Alzheimer’s disease, according to research conducted by the University of California/San Diego School of Medicine. The study of 1,022 older adults involved performing brain scans on participants to measure amyloid plaque deposits (a measure of Alzheimer’s progression) and response to tests of verbal memory. Women outperformed men on the verbal memory test when amyloid plaque deposits were minimal to moderate, indicating early-stage Alzheimer’s. The difference was absent when amyloid deposits were severe, indicating a later stage of the disease.
- **Benefits for women in the workforce** – Women who worked for a salary between early adulthood and middle age showed slower rates of memory decline in late-life compared with those who did not engaged in waged employment, according to researchers at University of California/Los Angeles and San Francisco, and Boston College. Women who engaged in paid employment between ages 16 and 50, whether mothers or not, were found to have better memories in late life than women who did not work. The study tracked 6,836 women in the U.S. from 1935 to 1956 and found that the rate of memory deterioration – one of the first signs of Alzheimer’s disease – was fastest among women who never earned a wage.

EMERGING TECHNOLOGIES FOR DIAGNOSING ALZHEIMER’S

- **Advances in blood-based testing for Alzheimer’s** – There is a great need for reliable, inexpensive, easy to administer, non-invasive and easily available diagnostic tools for Alzheimer’s. Data at AAIC 2019 described advances in blood-based methods for evaluating markers of Alzheimer’s and other neurodegenerative diseases. These new technologies, currently under development by industry and academic researchers, could potentially be used to track the impact of therapies in clinical trials.

#

Alzheimer’s Association

The Alzheimer’s Association Utah Chapter is the premier source of information and support for the more than 33,000 Utahns with Alzheimer’s disease, their families and caregivers. The Alzheimer’s Association, Utah Chapter offers education, counseling, support groups and a 24-hour Helpline at no charge to families. In addition, contributions help fund advancements in research to prevent, treat and eventually conquer this disease. The Alzheimer’s Association advocates for those living with Alzheimer’s and their families on related legislative issues, and with health and long-term care providers. For information call the Alzheimer’s Association 24/7 bilingual Helpline at 800-272-3900, or visit www.alz.org/utah.



UCCOA
Utah Commission on Aging

Annual Report 2018-19

Utah Commission on Aging

Message from the Chair

ANDREW JACKSON



I've had first-hand experience in taking care of my father and father-in-law who each had severe dementia - as well as my mother-in-law who had pancreatic cancer. Because of my profession, I was familiar with most of the resources that were available but still had a difficult time navigating the system. I want to make it easier for caregivers and the loved ones of persons with age to find and access resources. And I also want people to be able to enjoy their later life. So when given the option, I jumped at the opportunity of being on the Commission because I want to make things better. The Utah Commission on Aging is making that happen.

A handwritten signature in black ink that reads "Andrew Jackson".

Message from the Executive Director

ROB ENCE

June 2019 marks the three-year anniversary as Executive Director of the Utah Commission on Aging. Our partner collaborations have grown, participation in our process continues to expand, and the contributors to our meetings and projects have been gratifying. Even with progress comes a sobering recognition of the work to be done by all of us. There is more we can and must do.



I respectfully submit this summary annual report to the State of Utah and our key stakeholders: public policy makers, researchers, educators, resource providers, partners, and the general public. These highlights share the Commission story for fiscal year [July 2018 – June 2019](#).

A handwritten signature in black ink that reads "Rob Ence".

Social Impact

Utahns are better prepared to engage the opportunities and challenges of aging.

UCOA Mission

The Utah Commission on Aging convenes stakeholders to innovate, advocate, educate, and communicate to help Utahns better navigate the opportunities and challenges of aging.

UCOA Core Objectives

1. Democratize Knowledge
2. Disruptive Innovation
3. Informed Advocacy
4. Predictive Modeling

UCOA Statutory Commitment to Stakeholders:

(Policy Makers, Researchers, Resource Providers, Public)

Research

- Study, evaluate, and report on the projected impact on the state's ecosystem
- Facilitate and conduct the research and study of aging issues
- Study and evaluate policies and programs in other states and countries

Public Policy

- Identify and recommend policies and programs
- Study, evaluate, and report on the status and effectiveness of policies and programs
- Encourage state and local governments to analyze, plan, and prepare

Resource Education

- Increase public and government understanding of current and future needs and solutions
- Facilitate communication and coordination of the functions of public and private entities
- Increase public awareness on innovate solutions and services available

Communications

- Provide a forum for public access and input on aging issues
- Utilize all media formats to disseminate public information
- Report to stakeholders on Commission results

UCOA Statutory Membership

As of June 30, 2019

Chair

Jackson, Andrew Public Transportation

Appointed Members

Burbank, Chris	Public Safety
Cottrell, Kristy	Utah Association of Area Agencies on Aging
Daniel, Ronnie	Alzheimer's and Illnesses Related to Aging
Gessel, David	Health Care Provider
Hale, Vale	Exec Dir, Governor's Office of Economic Dev
Kelso, Gary	Long-term Care for the Elderly
Larson, Tracey	Financial Institutions
Milne, Linda	General Public
Miner, Joseph	Exec Dir, Utah Dept of Health
Ormsby, Alan	Advocates for Aging Population
Pierpont, Jon	Exec Dir, Utah Department of Workforce Serv
Rajeev, Deepthi	Charitable Organizations
Singer, Lewis	Ethnic Minorities
Supiano, Mark	Higher Education
Turnquist, Cindy	Business Community
Williamson, Ann	Exec Dir, Utah Department of Human Serv
Wilson, Troy	Legal Profession
Wright, Glenn	Utah Association of Counties

Note:

1. *At FYE 2019, we had one statutory vacancy representing municipal government.*
2. *Legislation passed in March 2019, HB 387 changed the statutory requirements to have a representative from the Utah Senate and House on the Commission. This reduced the statutory membership to 20.*

UCOA Contributing Partners

As of June 30, 2019

Abuzyarova, Karolina	Utah Guardianship WINGS Program	Hilman, Judi	Health Care Consultant
Acevedo, Manuel	Helpful Village.com	Hincks, Bacall	Children's Service Society
Aerts, Sally	Falls Prevention Alliance	Hollingshaus, Mike	Demographer, U Gardner Policy Inst
Alderman, Kent	Lawyer - Utah WINGS Program	Holmgren, Nels	Dir of Div of Aging and Adult Services
Altman, Tracy	UofU Health Plans	Iwamoto, Jani	Utah State Senator/Falls Prev Alliance
Andersen, Troy	Dir of U Goodwill Program/SW	Jones, Patricia	Women's Leadership Institute of Utah
Anjewierden, Dirk	ED Utah Health Care Association	Katis, Christopher	Dir Mrktg Comm UHIN
Babitz, Marc	UDOH	Lancaster, Josh	ED Sagewood at Daybreak
Beattie, Miriam	U SOM Div of Geriatrics	Lee, Melissa	Alz Assoc Dir of Communications
Blake, Ed	Habitat for Humanity	Lee, Traci	DHS APS
Butterwick, Adrienne	Comagine/HealthInsight	Leggett, Paul	SLCo Aging Services Director
Chase, Karyl	Weber Human Services, Sen Comp Dir	Luke, Margene	Utah Caregivers Association
Christensen, Emily	Crescendo Music Therapy	Madsen, Nancy	Utah Department of Human Services
Christensen, Marianne	SLCo Aging Serv Health Prom Mgr	McGee, Nancy	Gerontologist
Clark, Christine	UCOA Policy and Research	McKay, Tom	Community Health Paramedic
Clayton, TantaLisa	Utah Legal Services	Meinor, Lynn	Alzheimer's Coordinating Council
Collett, Cami	St. Marks Physician	Mendenhall, Nan	Utah Adult Protective Services
Covey, Wid	KSL.com; Senior Leaf/Senior Expo	Miller, Stephanie	PennaPowers - Relay Utah
Crossley, Ken	Engage Utah/Creativity for Life	Morgan, Jennifer	ADRC Coordinator
Cummings, Doug	Elder Law Attorney	North, Christie	CCPP Project/U of U Sch of Business
Cunningham, Jeremy	Alzheimer's Association	Parker, Deborah	Home Care Services
Dassell, Kara	Utah Geront Interdisciplinary Program	Passey, Christine	SLC Mayor Special Projects
Davis, Marion	Representing Dept of Workforce Serv	Pearson, Cory	Dept of Vet Affairs - Vet Serv Coord
DeMarco Heidi,	Mountainlands AAA	Polacheck, Laura	AARP Dir of Communications
Diaz Moore, Keith	U of Utah Dean of Architecture	Pruhs, Alan	ED of Assoc of Utah Community Health
Diehl, Cameron	ED Utah League of Cities and Towns	Quatrala, Rosemary	Jewish Family Services
Eaton, Jackie	U Coll of Nursing	Redd, Emily	Homespire Health
Edelman, Linda	U Coll of Nursing	Riggie, Andrew	Disability Law Center
Ellington, Lee	U Coll of Nursing	Rivera, Teresa	Pres/CEO UHIN
Evans, Janice	UCOA Communications Specialist	Rollins, Tara	Ex Dir of Utah Housing Coalition
Eyre, Rachel	UHIN Account Rep	Ruppel, John	Family Caregiver Website Sponsor
Farrell, Timothy	MD Div of Geriatrics	Salari, Sonia	U Family and Consumer Studies
Ford, Jack	Retired journalist, law enforcement	Schlegel, Scott	Regence BCBS
Frick, Janet	Utah Aging Alliance	Silver, Ellen	Jewish Family Service
Galindo, Michael	MD/Pres Utah Geriatrics Society	Spangler, Allison	UTHCA Director of Member Services
Gallegos, Tammy	San Juan Co AAA Director	Supiano, Katherine	U Coll of Nursing
Gardner, Emmie	Holy Cross Ministries	Talley, Nate	Governor's Office
Garrett, Teresa	U College of Nursing	Thomas, Wendy	Dir of Parks, Events, Rec Herriman
Hadean, Hailey	Nursing Home Administrator	Van De Graff, Arie	UDOH Commodity Supp Food Prog
Hall, Deb	SAGE/Utah Pride Center	Vaughan, Ralph	Davis County Elder Advocate
Harris, Danny	AARP Dir of Advocacy	Wassom, Bob	Writer and UCOA Blogger
Hart, Jeremy	SLCo Aging Services Asst Director	Watson, Clay	Utah Association for Home Care
Harter, Gary	ED Dept of Veteran & Military Affairs		

Statutory Meeting Requirements

Quarterly Summary

Average Attendance = 46 Member/Partners

Reporting Committee Chairs (each quarter)

Jackie Eaton, Research
Alan Ormsby, Public Policy
Cindy Turnquist, Community Resources
Janice Evans, Communications

Partner Presentations

Summer Quarter – Thursday, August 09 @ Bateman Horne Center, SLC

- Family Violence Across the Life Course Sonia Salari
- Uniform Power of Attorney Document TantaLisa Clayton
- Conference and Program Insights from the
AAIC & Alzheimer's Assoc/Utah Alzheimer's Council Ronnie Daniel
- N4A & U4A Updates Kristy Cottrell

Fall Quarter – Thursday, November 08 @ AARP Utah, Midvale

- Helpful Village Manuel Acevedo
- IHC Homespire Matt Hansen, Paul Astle, Emily Redd
- UDOH Commodity Supplemental Food Program Arie Van De Graff
- Envision Utah Community Toolkit Ari Bruening, Rachel Swetnam

Winter Quarter – Tuesday, February 26 @ Utah State Capitol Board Room, SLC

Commission and Falls Prevention Alliance Open House & Lunch for Legislators
Legislative Report

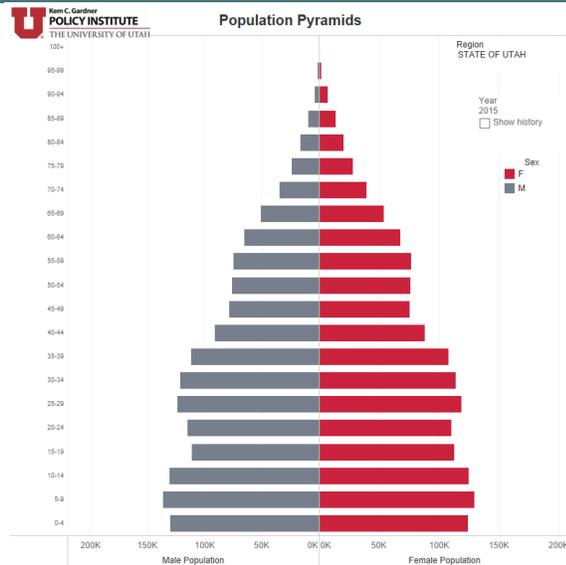
- Presenters on Medicaid expansion, dental coverage Danny Harris
- Aging services funding Jeremy Cunningham
- U4A priorities (Utah Association of AAAs) Kristy Cottrell
- Sprint-Mind Research on Cognitive Outcomes Dr. Mark Supiano
- UHIN and the Anniversary of the CHIE Chris Katis
- 2019 Housing Adequacy Conference Tara Rollins, Cindy Turnquist
- Falls Prevention Alliance Annual Report Sally Aerts

Spring Quarter Wednesday, May 08 @ Crescent Senior Living Center, Sandy

- Utah Open and Public Meetings Act Andrew Jackson
- Adult Health Literacy Dr. Timothy Farrell
- SAGE, Aging, and the LGBTQ Community Deb Hall
- Transitional Care Perspectives – Housing Options Spectrum Gary Kelso

Demographic Context

Mike Hollingshaus, Kem C. Gardner Policy Institute

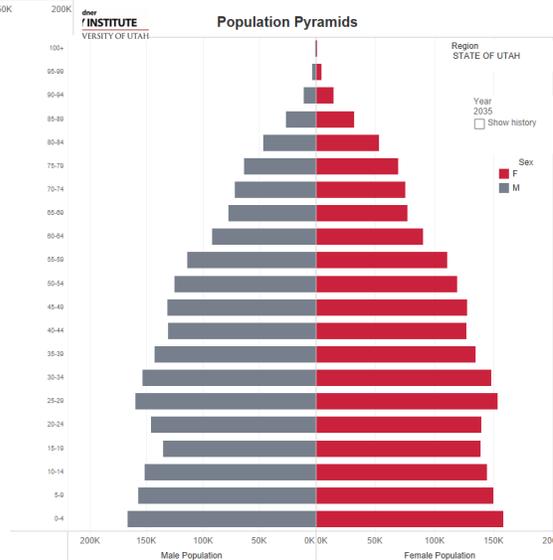


Utah Population Pyramids

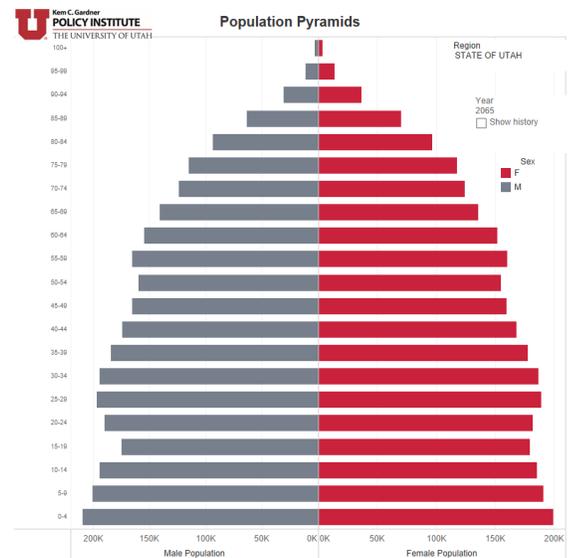
2015

The 2020 Census is around the corner. The 65+ population continues to grow fast as does the 85+ sector.

We must plan carefully to address the issues of today and tomorrow: affordable and accessible housing, mobility, services, health care access, recreation and entertainment, security and social support systems.



2035



2065

Sector Engagements

July 2018—June 2019

Research and Academia

Building the Network

UCOA, through the efforts of Research and Academia chair Jackie Eaton, has successfully created a collaboration among the other academic institutions in the state with interests and programs in gerontology.

Meeting quarterly, the mutual goals established include advancing enrollment interest in gerontology programs, job opportunities for trained students, input and sharing of best practices on UCOA priority issues and educating employers about the value of gerontology expertise.



International Conferences

UCOA attended the **Gerontological Society of America** conference in Boston, November 2018. As part of a team representing the work on Falls Prevention, UCOA moderated a session of Utah partner experts on our Falls Prevention Alliance at the **National 4A** conference in Chicago, July 2018. UCOA also attended two Alzheimer's conferences, one in Chicago, July 2018 with **AAIC** and later, the **Alzheimer's Association Leadership Summit**, January 2019 in San Antonio.

Research and Academic Collaborations

UCOA participates in the NEPQR (Nursing Education, Practice, Quality, and Retention) effort of the U College of Nursing under program director, Linda Edelman. NEPQR's objectives including recruitment and training of RNs from rural and underserved areas of Utah to practice the full scope their licenses in community-based primary care teams.

UCOA is a collaborator/advisor to the PCORI grant Creating Caregiver Provider Partnership (CCPP) with the U's Eccles School of Business led by Debra Scammon and connected the committee with key drafters of the California Task Force on Caregiving.

Utah Native American Heritage conference at UVU in Orem, Utah to begin building a network of tribal leaders and better understanding the challenges tribal members encounter on health care and aging services.

Sector Engagements

July 2018—June 2019

Public Policy

UCOA has a responsibility to inform public policy makers on aging related issues and offers advice, testimony, letters of support, or analysis of issues through a legislative report. The following items from the 2019 legislative session are representative of issues UCOA was involved

HB 215 – Passed – Department of Public Safety required to develop a Silver Alert Notification

System for endangered adults. This bill defines "endangered adult" as a person 60 years of age or older with dementia. The alert system is like the Amber Alert but specific to endangered adults and requires that the system utilize highway signage in the geographical area where the person went missing. The department will set rules and requirements for alerts.

SB 11 – Passed – Medicaid adult dental services waiver program will expand dental coverage to elderly Medicaid patients and add the University of Utah School of Dentistry's associated statewide network to the list of providers for adult dental services in the Medicaid program.

HB 387 – Passed – This bill made changes to several Governor's commissions and boards. It affected UCOA by removing the statutory requirement of having an appointed Senator and Representative – from the legislature. UCOA preferred to keep the appointments in place. UCOA did preserve its standing and funding.

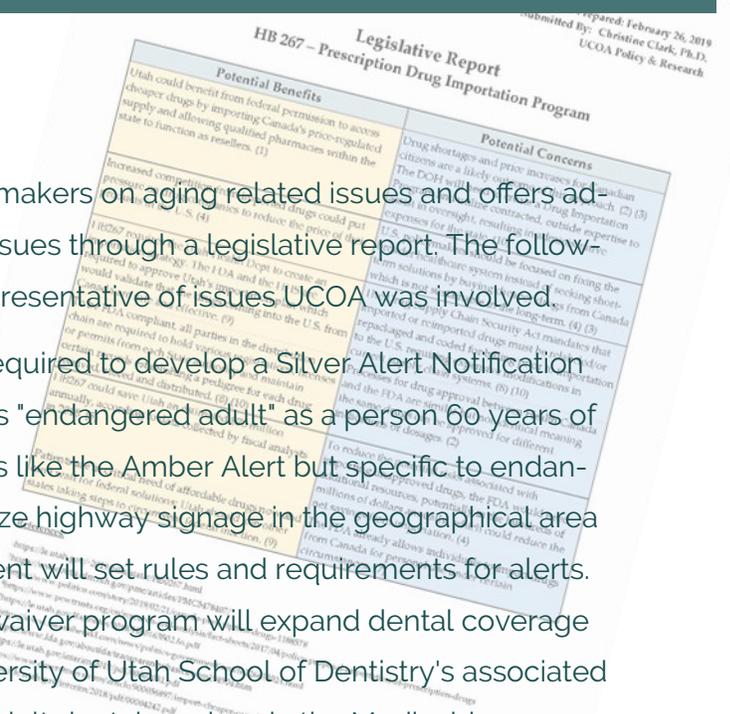
SB 7 – Passed – Supported the effort by Alzheimer's Association and Division of Aging and Adult Services (DAAS) to preserve the 2018 1M funding for DAAS to an ongoing permanent status.

HB 267 – Failed – Federal certification for prescription drug reimportation and may be considered in the future.

SB 96 – Passed – Medicaid Expansion Amendments essentially gutted the citizens' initiative by limiting enrollment eligibility and other items contingent upon federal waiver approval. If waiver not obtained, then the terms of the initiative will be activated to full expansion.

HB 222 – Failed – Social Security Tax Amendments intended to offer state credit for SS received as part of federal adjusted gross income. Older adults essentially taxed twice in Utah.

Health Care Workforce Financial Assistance Program (HCWFAP) exists to provide educational loan repayment assistance to healthcare professionals who locate or continue to practice in underserved areas. It did not receive funding for FY 2020.



Sector Engagements

July 2018—June 2019

Community Education And Resources

Core Sponsorships:

UCOA has adopted the responsibility to support and promote key community partner collaborations with leadership and communications/web-based services as well as grant-writing opportunities. Current priorities include:

Music and Memory Utah Coalition

Advanced Care Planning Coalition

Engage Arts Utah

Family Caregivers Network

Utah Falls Prevention Alliance

Utah POLST Registry

SLCo 55+ Resource Guide



Educational Event Sponsorships:

UCOA provides support and content for the following partner events:

Advanced Care Planning (End of Life) Summit

Elder Justice Conference (U4A)

Utah Housing Coalition Annual Summit



Community Outreach

UCOA has lectured throughout the state, in person and virtually, to church groups, senior centers, university classes, sponsored conferences, and others. Topics included financial fraud and elder abuse, falls prevention, arts and healthy living, caregiving resources, end of life conversations, advanced directives and POLST, Commission purpose and demographic forecasts, adult health and financial literacy, etc.

ACP State of Reform

UCOA anchored a panel at the first annual Utah State of Reform Health Conference in Salt Lake City, April 24. The panel addressed End of Life and Advance Care Planning issues to an audience of health industry professionals and policy makers.

SLCo Health and Fitness Day Viridian Center May 29

UCOA Executive Director Ence was the keynote at the SLCo Health and Fitness Day talking about the benefits of activity and engagement in our older years.

Sector Engagements

July 2018—June 2019

Communications

Elder Justice Grant from the U.S. Department of Justice



UCOA was a subrecipient along with Adult Protective Services under a grant awarded to Utah Legal Services by the Office of Victims of Crime, Department of Programs at the U.S. Department of Justice.

This grant awarded in recognition of a rapidly growing elderly population in Utah, that providing needed services will become more challenging, that vulnerable seniors are at much greater risk for abuse and financial exploitation, that there has been a significant increase in elder abuse and financial



exploitation in Utah, and that financial exploitation cases are greatly underreported.



The goal of this project is to reduce elder abuse and financial exploitation by increasing the reporting of elder abuse and financial exploitation, reducing exploitation of high risk victims, increasing the rate of APS referrals for prosecutions, reducing the danger of remaining in unsafe home environments, and reducing the misuse of powers of attorney.



UCOA brought victims' stories forward through interviews in a series of 4 videos, 4 audio podcasts, and 6 PSAs. These products will provide practical guidance for protecting against and reporting these crimes. In addition to English-speaking victims, UCOA addressed the unique needs of the Spanish and Navajo-speaking subpopulations who told their stories in their respective languages. By increasing public

awareness of elder abuse and fraud, older adults will be better informed to recognized fraud, prevent it, and if victimized, know how to report it.

These assets were reviewed and scored for effectiveness by several in-language focus groups. They will be available for media distribution and on partner websites in the fall of 2019.



Sector Engagements

July 2018—June 2019

Communications (Continued)

Rap on Aging Podcasts

UCOA is in its second year of a production partnership with the U's SCOPE Radio with producer Scot Singpiel. UCOA just completed its 10th program. The series highlights interviews with experts and stories on issues impacting older adults. The last four offerings were part of the DOJ grant around financial fraud and include two special editions, one in Spanish the other in Navajo. All programming currently available on the UCOA website.



UCOA Website – www.ucoa.utah.edu

The website presence continues to grow and will add a dedicated intern this fall to expand and manage content. UCOA also has a Facebook presence.

Media Interviews and Publishing

Deseret News' Annie Knox "*What to consider when an aging loved one needs long-term care as complaints of elder abuse rise*" dealing with the challenges of proper care and avoidance of abuse as our population of older adults grows. Commission partners Utah Alzheimer's chapter and Adult Protective Services were highlighted. - May 2019

Interview with U graduate student, Jackie Bafford, on *Medical Aid in Dying* to explore the philosophical, social, and policy issues around death with dignity – April 2019

SL Tribune Op Ed *Obeying the Law of Gravity* on falls prevention in the winter – February 2019

New for Fall 2019

- UCOA will go live with its own YouTube channel with created and sponsored content.
- Rap on Aging assets will be available on iTunes podcast site.
- Dedicated intern embedded at U IT Web Services to manage UCOA website.
- Launch of www.FightingFraudUtah.com resource on UCOA website

Key Issue Collaborations

July 2018—June 2019

Advanced Care Planning

Utah ePOLST Steering Committee applied for new grant to build a POLST registry at UHIN.

UCOA hosts the 4th annual Advanced Care Planning Summit 2019 (formerly End of Life) for professionals. The 2019 focus is on POLST awareness and utilization as well as caregiving and the “unbefriended and orphan adults” in our society.

Alzheimer’s, Dementia, and Brain Fitness

UCOA participated in the Alzheimer’s Association International Conference in Chicago where U Drs. Mark and Kathy Supiano were involved in presentations.

Alzheimer’s Council received additional state funding and has increased offerings on caregiver and awareness workshops across the state. UCOA is an active partner in promoting brain fitness, educational outreach and programs offered sponsored by the Utah Alzheimer’s Coordinating Council, support for caregiver initiatives to provide training and respite.

UCOA participated in the Alzheimer’s Association Leadership Summit in San Antonio and focused on sessions using data for audience connection, current research funding and findings on Alzheimer’s, and strategic partnerships in the community working with health systems

UCOA supports, participates, and helps promote the Walk to End Alzheimer’s events.

Arts in Aging

Emily Christensen, a U graduate nursing student, is reframing the UCOA arts in aging offerings. She leads the Gleeful Choir, a grant-funded effort of Crescendo music for singers with dementia and their care partners. This effort brings under one umbrella, the Engage Arts in Utah and Music and Memory programs.

Caregiving

UCOA is supporting efforts to create and foster caregiving resources and tools and sharing information from national, state, and county support services. UCOA continues to foster dialogue and shaping the strategic purpose for the fledgling **Family Caregiver Network**, an experiment in bringing together stakeholders that provide caregiver education, services, or create resources in order to help the public navigate information and choice.

UCOA participates in the U College of Nursing’s perspective initiatives group.

Key Issue Collaborations

July 2018—June 2019

Elder Justice

In addition to the grant work described above, UCOA partner and Utah Legal Services Director, Tanta Lisa Clayton is actively engaged in educating on the uniform Power of Attorney document for the State of Utah.

UCOA helped execute and moderate a full track of presentation topics at the sold-out Elder Justice Conference in Park City on May 9. UCOA recruited and helped moderate sessions on guardianship, collaborative Elder Justice roundtable, addressing the needs of the LGBTQ community, and arts-in-aging.

Sonia Salari, Ph.D. at the University of Utah Department of Family and Consumer Studies presented to the Commission a sobering look at rising violence in older adults. Her research includes family violence across the life course.

Emergency Preparedness

UCOA supports volunteer efforts by UCOA member Linda Milne giving presentations to local groups, churches, community centers how building networks to emergency evacuation specifically targeted to older and isolated adults (see podcast, "No One is Coming for You"). UCOA supports the efforts of Utah's chapter of VOAD (Volunteer Organizations Active in Disaster) to assist in the dissemination of information on the realities of dealing with a major emergency.

Falls Prevention Alliance

UCOA partners Sally Aerts (UDOH), Marianne Christensen (SLCo), and Kristy Cottrell (Davis Co.) presented on our Falls Prevention Alliance at the N4A Conference.

The Utah Falls Prevention Alliance (FPA), under the leadership of State Senator Jani Iwamoto, successfully passed a legislative resolution that recognizes September 22 and Utah Falls Prevention Awareness Day.

Further legislative plans are in the works as is the future sustainability and structure of an effective FPA effort. Currently pursuing a grant to increase social media outreach and create public education tools for prevention awareness and techniques.

Utah Falls Prevention Alliance provided a report as requested by the ***U.S. Senate Aging Committee*** seeking community input on falls prevention.

Housing and Aging-In-Place

UCOA is partnering with another established conference under the leadership of the Utah Housing Coalition. UCOA will develop a track of five sessions targeting topics impacting vulnerable older adults from homelessness to aging in place. UCOA will also host a plenary session to discuss a new housing report recently commissioned from the U's Gardner Institute and funded through UHC resources.

Key Issue Collaborations

July 2018—June 2019

SAGE, Diversity, and Vulnerable Populations

UCOA recently re-engaged new leadership at the SAGE program at the Utah Pride Center to collaborate on education and resource and need awareness.

Utah's Complete Count 2020

UCOA is committed to the 2020 Census effort by the state and has the specific responsibility for strategies to build awareness and engagement among older adults.

Other Programs and Activities

UCOA monitors many partner programs and where possible helps financially or with public policy matters. These programs include Cover to Cover, Utah Geriatrics Society, Utah Nursing Consortium, Utah Aging Alliance, Children's Service Society, and others.



Contact Information



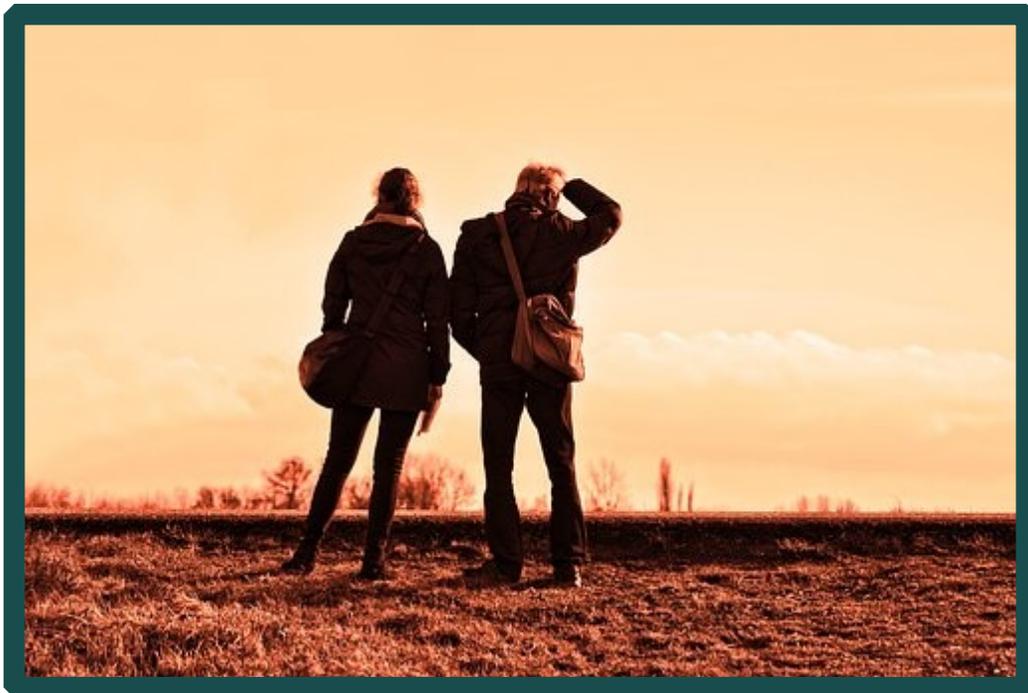
Utah Commission on Aging
30 N 1900 East, Rm AB 193
School of Medicine
Salt Lake City, UT 84132

Rob Ence, M.B.A.
Executive Director
(801) 566-0458
rob.ence@utah.edu

Heather Podolan
Administrative Assistant
(801) 213-4156
heather.podolan@hsc.utah.edu

Website

<https://ucoa.utah.edu/>



Creating a Long-term Social Impact on Affordable Housing Options for Utah's Aging Population



Join UCOA at Utah Housing Coalition's 23rd Annual UTAH Housing Matters Conference

August 27 & 28, 2019
Sheraton Park City
1895 Sidewinder Dr, Park City

Registration Fees:
\$275 Both Days
\$135 One Day only



Join us in helping Utah to close the affordable housing gap for low-to-moderate income older adults, and more!

Topics Include:

Creating Communities to Support Aging in Place

A panel of experts will talk about available services and programs to keep seniors independent, as well as gaps and opportunities for collaboration. Participants will leave with increased empathy for older adults, as well as a broad understanding of options to support seniors as they age in place.

Homelessness among Older Adults

A panel of experts will talk about local efforts to intervene and prevent homelessness among seniors. Participants will participate in a discussion about what is being done and what still needs to be done to address this issue, and they will leave with an enhanced understanding of why seniors may become homeless and what resources are available.

Making Room: Housing for a Changing America

AARP Utah will facilitate a discussion about the changing face of aging America and the requirement for a wider menu of housing options. The current stock does not fit the realities of a changing America including shifts in demographics and lifestyle. Issues to consider include more adults living alone, less attachment to traditional nuclear families, etc.

Building Collaborations for Collective Impact

The Utah Commission on Aging (UCOA) will facilitate a discussion on stakeholder collaboration to session to establish a framework for a long-term social impact on affordable housing options for Utah's aging population. As well as opportunities to incorporate other research and promising practices from other communities.

Gardner Institute Report & Policy Discussion

Moderated panel of experts will review the findings and discuss the implications of a newly commissioned report on housing availability, affordability, and adaptability from the University of Utah's Gardner Policy Institute. Panelists will offer insights to addressed gaps, highlight possible solutions, and suggest a policy action agenda required to prepare for the future.



23rd Annual Housing Matters Conference

August 27 & 28, 2019
 Sheraton Park City (formerly Marriott)
 1895 Sidewinder Dr, Park City, UT

AGENDA

Time	Development Beginner	Development Advanced	Healthy Communities	Rural Communities	Housing an Aging Population
Tuesday, August 27th					
8:00am 10:00am	Registration 9:00 Welcome by Park City Mayor Invited Heidi Aggeler–Housing Shelter Investment				
10:15am 11:45am	Affordable Housing Development for Beginners	Green Upgrades and Financing in Affordable Multifamily Market	Where Should We Encourage Housing	Funding Rural Homelessness	Community Support for Aging in Place
Noon	Lunch				
1:45pm 3:15pm	Tax Credits 101	CRA Update	Pressure Free Living	Bundling Scattered Sites	Homelessness Among Older Adults
3:30pm 5:00pm	Panel–Aging with Dignity - Report & Policy Discussion				
5:00pm 8:00pm	Reception				
Wednesday, August 28th					
7:30am 9:00am	7:30 Breakfast 8:00 Washington Wire				
9:15am 10:45am	Q & A Filling out the LIHTC application	Historical Tax Credits and New Market Tax Credits	Ending the Stigma: Mental Health & Housing	Zoning & Ordinances that work	Making Room: Housing for a Changing America
11:00am 12:30pm	Guide to working with Municipalities to build AH	Advanced LIHTC Topics	Community Benefit with InterMountain Health Care	Barriers to Building in Rural Areas	Innovation and Inclusive Design for all Ages and Abilities
12:30pm 1:45pm	Representative Ben McAdams & Diane Yentel, NLIHC				
2:00pm 3:30pm	Tax Modernization			Land Trusts	Building Collaborations for Collective Impact

For details and to register [CLICK HERE!](#)

Join patients, families, community partners and health care providers to continue the conversation about advance care planning in Utah.

2019 Advance Care Planning Summit

Tuesday, Sept. 10, 2019 | 8 a.m. to 1 p.m.

Viridian Event Center | 8030 S. 1825 W. West Jordan, UT

Registration includes breakfast



Join Comagine Health (formerly HealthInsight) and our partners for the fourth annual advance care planning summit, as we aim to improve community and professional application of advance care planning tools in Utah.

Who should attend: patients, caregivers and family members, aging advocates, providers, payors, researchers, social workers and policymakers.

At the end of this conference, participants will:

- Understand advance care planning in Utah from multiple perspectives and across various groups
- Learn the different applications of advance care planning tools
- Understand advance care planning across the care continuum and current best practices
- Recognize the need for cultural competency and communication strategies around advance care planning

For more information and to register,
visit www.healthinsight.org/acp-summit

FREE for patients, family members, students and community members!

Keynote Speaker



A Utah native, **Rebecca Chavez-Houck**, MPA, represented Salt Lake City's District 24 from 2008-18 in the Utah House of Representatives, where she focused on policy related to health and human services, as well as voter engagement and access. Her leadership appointments included serving as House Minority Whip (2014-16) and House Minority Assistant Whip (2012-14). She is a 2012 Council of State Governments Toll Fellows Graduate.

Rebecca's passion for supporting a continuum of patient-centered care, including sponsoring Utah's End of Life Options Act for four years, shepherding expanded resources for caregivers and adult protective services, and strengthening medical interpreter credentialing, is a result of having served on legislative health and human services committees for nearly a decade.

She worked as a public affairs staffer for a number of local Utah nonprofits from 1985 to 2007 and cultivated a parallel "career" as a governance volunteer for nonprofits ranging from Envision Utah to the ACLU to Planned Parenthood Association of Utah. She currently serves on myriad local and national community boards and commissions, including the national Latino Leadership Council for Compassion and Choices and the Governor's Multicultural Commission. Her countless awards include being named as Utah's AARP Capitol Caregiver in 2014 and 2016.

She is adjunct faculty for the University of Utah's Master of Public Administration program. Rebecca and her husband, Martin, have two children and enjoy traveling, especially throughout Utah and the Western US in their Class C RV.

This event is being co-designed with local community partners including the Utah Commission on Aging, Intermountain Healthcare, Utah Health Information Network, Holy Cross Ministries, Salt Lake Interfaith Roundtable, the Utah Hospital Association, Utah Coalition for Caregiver Support and St. Mark's Hospital.

Comagine
Health

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR



ALZHEIMER'S DISEASE IS RELENTLESS. SO ARE WE. JOIN THE FIGHT TODAY.

UTAH WALK DATES AND LOCATIONS:

August 24: Wasatch Back (Park City)

September 14: Weber/Davis Counties (Layton Commons)

September 14: St. George (Dixie State University)

September 21: Daybreak (SoDa Row)

September 21: Cache County (Merlin Olsen Park)

September 28: Salt Lake City (State Capitol)

September 28: Utah County (University Place Mall)

October 12: Cedar City (Southern Utah University)

1. Start a team.

Sign up as a Team Captain and form a team. You can also join a team or register as an individual.

2. Recruit.

Ask friends, family and co-workers to join your team or start their own.

3. Raise awareness and funds.

Our fundraising tools make it easy to spread the word and collect donations. Raise \$100 or more to receive the 2018 Walk to End Alzheimer's T-shirt.

4. Walk with us.

Come together with your community to rally around the Alzheimer's cause.

Register today at alz.org/walk.



REGISTER TODAY

800.272.3900

alz.org/walk



alzheimer's association®

2018 NATIONAL PRESENTING SPONSOR

Edward Jones®

Live Networking Event

Tuesday, August 20

11:30-12:30 P.M. M.T.

Register Today!

How Utah 2-1-1 Can Help Address the Social Determinants of Health

The strong association between unmet social needs and undesired health outcomes (like hospital readmissions) means that health care providers need to consider addressing these needs to optimally provide whole person care and improve outcomes for patients. This is especially true for providers like hospitals and primary care practices who are engaged in value-based contracts or are otherwise at risk for penalties or payments based on the health outcomes of their attributed patient populations.



Join Comagine Health and Utah 2-1-1 on **Tuesday, August 20 from 11:30 a.m. – 12:30 p.m. MT** to learn about mechanisms for linking your patients to community services to address unmet social needs, such as housing, transportation, food insecurity, or referral to specialty services for mental health or substance use.

After participating in this session, attendees will be able to:

- Describe the links between social needs and health outcomes.
- Identify resources available via Utah 2-1-1 and how to link patients with social needs to community-based organizations.
- Describe a strategy to integrate social needs assessment and linkage into current care delivery processes.

Utah 2-1-1's mission is to inform decisions, build connections and empower Utah. 2-1-1 seeks to serve three groups of people - people who need help, the people who help people, and those that make policy or funding decisions that affect people who need help. During this webinar, we will describe what Utah 2-1-1 does, how to connect with Utah 2-1-1, and the various mechanisms available to help you link your patients to services across Utah (widget, smartphone app, website, hotline).

Even if you are just thinking about getting started on screening and referral for social needs, please join us for this informative discussion!

Register Here: <https://bit.ly/30Gf75t>

Stressed? Can't sleep? Troubled relationships?



Mindfulness-Based Stress Reduction

Midvale Senior Center
7550 South Main Street
Midvale, Ut. 84047

Your time commitment: 8 enjoyable and non-stress weeks

September 5 - October 31

Thursdays, 9:30am - noon,

Mini retreat Friday October 18, 10am - 3pm

People who complete this course tell us they have:

- Decreased stress, anxiety, and depression
- Decreased feelings of isolation/loneliness
- Increased memory
- Increased immune function
- Improved ability to cope with pain

Register by calling Midvale Senior Center, (385) 468-3350 ~ Limited space available

Cost: \$50 or (do a buddy pass, w/friend) 2 for \$75
(Regular Price: \$250)



Anna Smyth is a mindfulness consultant and trainer. She works with companies, nonprofits, government agencies and individual clients to improve physical, mental and social health outcomes through mindfulness. She holds a Master's degree in Health Promotion and Education and has been trained as a Qualified Instructor of Mindfulness-based Stress Reduction (MBSR) through UMass Medical School. Anna has been practicing mindfulness for over 10 years including several 10-day silent meditation retreats. Her practice has been her key support in navigating two decades of chronic pain and the daily stressors of life. She cherishes every opportunity to share the practice and its research base with others.

More information can be found at: www.mindfulnessutah.com

Foster Grandparents

Tutor. Mentor. Support.



SL SALT LAKE COUNTY
AGING & ADULT SERVICES
385.468.3260

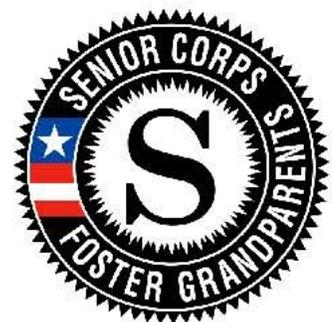
Help at-risk kids get the early support they need to succeed.

Serve 20 hours per week

Earn \$2.65/ hr non-taxable stipend*

Must be 55 years of age or older

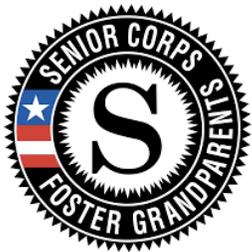
Income restrictions apply



*will not impact food stamps, housing, or other benefits



Foster Grandparent Program



Tutor. Mentor. Support

- Serve 20 hours per week
 - Earn \$2.65/hour non-taxable stipend*
 - Must be 55 years of age or older
 - Income restrictions apply
- *will not impact food stamps, housing, or other benefits**



SL SALT LAKE
COUNTY
AGING & ADULT SERVICES

385.468.3260

Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their community.



All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future.

And remember: When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life. So get involved, and join Foster Grandparents today!

Currently we need help
in the following schools:

- XXXX
- XXXX
- XXXXXX

