Empowering health professionals to serve Wyoming's older adults

Spring 2014

Points to Ponder

Quote from a paper involving the Centers for Disease Control and Prevention (CDC), AARP and the American Medical Association (AMA):

"By 2015, one of every five Americans will be between the ages of 50 and 64. As they enter this age group, 70 percent will already be diagnosed with at least one chronic condition and nearly one half will have two or more. The resulting disease and disability may seriously compromise their ability to carry out the multiple roles they play at this point in their lives. National experts agree on a set of recommended clinical preventive services that can help detect many of these diseases, delay their onset, or identify them early in their most treatable stages. Despite the cost-effectiveness of many of these services, the percent of adults who are up to date on receiving them is low. Assuring delivery of essential preventive services requires creative, sustained collaboration between healthcare and community providers."

http://www.cdc.gov/aging/help/dph-aging/preventive-services.html for more info!

A Message from the Director

We are delighted to announce that the Wyoming Geriatric Education Center, in partnership with the University of Wyoming College of Health Sciences, has launched the new Wyoming Center on Aging (WyCOA). The WyGEC leadership, staff, and advisory council have spent several years in design, planning, and development of this new center. The Mission of WyCOA is to optimize the health and well-being of Wyoming’s older residents and their caregivers through interagency partnerships, basic and applied research, community education, and clinical training and services. The Wyoming Center on Aging is a visionary and innovative collaboration that proactively responds to the needs of older Wyoming residents while harnessing the strengths of our communities and the honoring the legacy of our elders. The need for a Wyoming Center on Aging is great. Wyoming is one of the most rapidly aging states, and by 2030 will be the state with the highest concentration of individuals over 85. The benefits of a Center on Aging include connecting Wyoming residents, researchers, service providers and educators, as well as fostering innovative aging research, training care providers, disseminating evidence-based practices, and serving as a resource for older adults and their family caregivers. We will continue to develop this center through fundraising activities and secured program grants to bring additional tried-and-true as well as innovative aging services to Wyoming.

The Wyoming Center on Aging, located in the College of Health Sciences at UW has also launched a website that contains resources on a variety of topics of interest including Alzheimer’s Disease, healthy aging, safe driving, emergency preparedness, and many more. Visit www.uwyo.edu/wycoa to learn more and provide feedback.

Donations will be a vital source of support as WyCOA continues to develop. To discuss specific funding opportunities or to make a donation, please contact the UW Foundation at (307)766-6300.

~ Christine

WyCOA

Wyoming Center on Aging

WyGEC

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WyGEC Event Highlights:
“having this good resourceful information assists tremendously when interacting with patients and their loved ones on handling situations dealing with an end-of-life case; thank you for making this available!!!
~RN, Sheridan WY on End-of-Life Webinar
Wyoming Heritage Photo Contest

The University of Wyoming Center on Aging & Wyoming Geriatric Education Center are looking for photos that showcase the heritage of Wyoming & positive images of aging including: creating fun memories, spotlighting hobbies and talents, exhibiting symbolic items of Wyoming, uncovering state history, & capturing the older generation in Wyoming.

Who: Anyone can participate! 2 prize awarding divisions- Student (high school or college) & Community Members
When: The contest runs Monday, May 5th – Friday, August 22
*Winners will be announced Friday, September 5, 2014
Why: We want your photos to embellish our website for Wyoming’s new Center on Aging. We would be proud to feature your photos that are taken in Wyoming’s backyard with the authenticity of our local charm.
Winning: 1st Place – $250; 2nd Place – $100; 3rd Place – $50 UW Bookstore Gift Certificate
Winning photographs will be displayed in September at the UW Art Museum

Please visit www.uwyo.edu/geriatrics or email wygec@uwyo.edu for more information!

Save the Date:
An educational workshop on End-of-Life Care For all healthcare disciplines
*Featuring the Education in Palliative and End-of-life Care (EPEC) Curriculum

Wednesday, September 10th 2014
Cody, WY
At the Park County Library-CODY

Coming Soon:
Education from your WYGEC for lay and family caregivers!
Beginning July 2014 through 2015

Format for the education: Webinars, on-the-road workshops, host the annual Cognitive Health and Memory Disorders Workshop in Jackson, and evidence-based caregiver education.

Keep a watch on www.uwyo.edu/geriatrics for more details to come!
The WyGEC Online Resource Center offers:

- Geriatric research databases
- Geriatric mobile apps for iphone and droid
- Alzheimer’s and dementia resources
- Publications on aging topics
- Links to related organizations
- Consensus statements and guidelines
- **Lending Library List** (DVDs, Videos and Publications) - Topics include general aging, Alzheimer’s and other forms of dementia, family and caregiving, women and aging, long-term care, healthcare management, stroke, end-of-life care, elder abuse, education/students and bereavement.

Visit the Online Resource Center under the Resource center button or visit [http://www.uwyo.edu/geriatrics/resource_center](http://www.uwyo.edu/geriatrics/resource_center)

**Online Training modules:**
Recorded training modules on relevant geriatric topics including:

- Historical Acceptance of Aging - Eastern Shoshone People
- Care Transitions
- Caring for Our Older LGBT Adults - Project Visibility
- Keeping Medications in Mind: Potential Risks vs. Benefits
- Assessment, Treatment, and Management of Dementias
- Aging Etiquette
- Ethnogeriatrics
- Ending Elder Abuse - To Protect Older Americans from Swindlers
- And many more!

View these modules under the Education and Training button or [http://www.uwyo.edu/geriatrics/edu_training/videos.html](http://www.uwyo.edu/geriatrics/edu_training/videos.html)

**Infusion Units:**
Infusion Units are packaged lecture materials featuring a film or power-point with teaching notes, discussion questions & resources. Our collection includes:

- **Hold Your Breath** - for ethnogeriatrics
- **Age of Champions:** An uplifting story of five competitors who sprint, leap, and swim for gold at the National Senior Olympics.
- **Health Literacy and Older Adults Module:** The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions
- **Aging Etiquette:** Understanding and implementing respectful communication and interaction with people who are older or aging.
- **Oral Health:** for older adults

Please contact wygec@uwyo.edu for more information
The Alzheimer’s Association is the world’s leading voluntary health organization in Alzheimer’s care, support and research. The Association has been serving the state of Wyoming through its offices in Lincoln, Nebraska; but on July 1, 2014, a Wyoming chapter of the Alzheimer’s Association will be created with an office in Cheyenne!

Alzheimer’s disease is the sixth-leading cause of death in the United States and the only cause of death among the top 10 in the United States that cannot be prevented, cured or even slowed. As the largest non-profit funder of Alzheimer’s research, the Association is committed to accelerating progress of new treatments, preventions and ultimately, a cure.

The Alzheimer’s Association works on a global, national and local level to enhance care and support for all those affected by Alzheimer’s and other dementias. Their professionally staffed 24/7 Helpline (1.800.272.3900) offers information and advice to more than 250,000 callers each year and provides translation services in more than 170 languages.

Janet Lewis will be the Executive Director of the Wyoming chapter of the Alzheimer’s Association. She brings over 30 years of business experience to the position, including familiarity with the disease, patients and caregivers. She has a degree from Northwestern University.

Katherine Kitchen, a student in the UW Psychology PhD Program, was received a P.E.O. Scholar Award (PSA). The PSA was established in 1991 to provide substantial merit-based awards for women of the United States and Canada who are pursuing doctoral-level degree at an accredited college or university. The P.E.O. Sisterhood was founded in 1869 is a philanthropic educational organization interested in bringing increased opportunities for higher education to women.

Congratulations Katie! Way to go!

WyGEC Welcomes Katelyn Stout as a Project Coordinator, Asst. She grew up in Fort Collins, CO and traded in her green for brown and gold after her senior year in high school. Throughout college she worked as an assistant athletic trainer for the University of Wyoming’s Cowboy Football Team and got to travel with the team to all of their games. Katie also worked as a Certified Nurse Assistant (C.N.A.) throughout her college career and cared for two older women who had dementia. Katie completed her senior practicum at The Wyoming Program of All-Inclusive Care for the Elderly (P.A.C.E.) in Cheyenne and recently graduated from the University of Wyoming with my Bachelor’s degree in social work and a minor in African American and Diaspora Studies.

Help us welcome Katie!

We would like to send our thanks and well wishes to Kelsey Garretson and Carly Hayes, our interns over the past year. They were an immense help and we will miss them. Best of luck in your future endeavors!

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Persons seeking admission, employment or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, veteran status, sexual orientation, or political beliefs.
Consider a Donation to WyGEC!

The Wyoming Geriatric Education Center (WyGEC) was formally established to provide interdisciplinary training needed to assure an adequate supply of fully prepared healthcare professionals to address the unique healthcare needs of Wyomingites 85 and older. This cohort has increased by 48 percent from 1990 to 2000. The U.S. Census Bureau predicts Wyoming will be the second oldest state in the country by 2030, trailing only Florida. A 2005 survey of University and Community College health science faculty in Wyoming revealed that just 15 percent had any previous training in geriatrics. Without coordinated, interdisciplinary planning for structured, evidence-based curriculum integration and local training, health and social services providers in Wyoming will be unprepared for a rising tide of need for elder care. WyGEC has facilitated over 631 trainings that include over 3000 participants.

Private support allows WyGEC to extend and enhance our training and educational opportunities beyond what our limited grant funding allows. In 2013, through private foundation support, WyGEC was able to offer a public education event which included: a presentation on the basics of Alzheimer’s, an expert panel and finally an opportunity to ask the expert panel questions. This would not have been possible without private funds.

Please consider a donation to WyGEC, which will be used to continue to enhance geriatric knowledge among Wyoming health care providers. Thank you for your generosity!

Left: A WyGEC presentation and expert panel on Alzheimer’s disease for the public, March 26th 2013.

Submit your gift to WyGEC today:

ONLINE: Please make a payment using our secure server: www.uwyo.edu/giveonline
Note – Please designate WyGEC when making online gifts

PHONE: Please call the University of Wyoming Foundation during normal business hours;
(307) 766-6300 or (888) 831-7795

Mail: Please send a check and this detached form to:
UW Foundation #4400, 20909, 1200 East Ivinson Street, Laramie, WY 82070

Please accept my/our gift to the University of Wyoming,
Wyoming Geriatric Education Center in the amount of: $__________________________
My preferred e-mail address is: ____________________________________________
My preferred phone number is: ____________________________________________