

SPRING 2024

# WYOMING CENTER ON AGING QUARTERLY NEWSLETTER

A Quarterly Update on WyCOA Events and Opportunities

## Dementia On The Road: Bringing Dementia Education and Resources to YOU!

**WyCOA is offering FREE educational help for caregivers this summer.**

WyCOA will begin offering FREE educational opportunities later this summer for caregivers of persons living with dementia. WyCOA and its partners will offer in-person help through its "Dementia On The Road" series. Visits are scheduled for June in Pinedale, with stops in Jackson and Dubois. These events will feature regional expert panel discussions of dementia and ways to access local professional help. Vendor space is available.

One focus of the Dementia On the Road workshops will be the Wyoming Dementia Together Caregiver Network (WDT). WDT is a team of experienced dementia care professionals dedicated to building an inclusive community to support and educate those who have a loved one living with dementia. By participating in this network, caregivers will increase their knowledge of dementia, how to support a loved one, increase utilization of community resources, strengthen their support network, and learn how to manage challenging situations. The WDT network meets biweekly at 10:30am MT via Zoom.



**REACH OUT TO WYCOA OR RSVP YOUR INTEREST IN THE WORKSHOPS TODAY!**

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OF WYOMING

Wyoming Center  
on Aging

wycoa@uwyo.edu  
(307) 766-2829

www.uwyo.edu/wycoa  
Find WyCOA on Facebook,  
Instagram, and Twitter!





# News & Events

For the latest updates visit [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)



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## Trainings and Events for Providers

### UW ECHO® in Geriatrics:

This offering creates and supports a state-wide geriatric care community through case consultation and networking. CE/CMEs for healthcare professionals and students are available. Contact WyCOA with your challenging cases!

### Online Dementia Care Certificate:

The certificate is designed for professional direct care providers of older adults across care settings. The goal of this certificate is to increase providers' knowledge of dementia and to enhance confidence in caring for people with dementia. DCC is a self-paced program with all content, quizzes, and evaluations provided online.

### Care Coordination Certificate Program:

Courses include Annual Wellness Visit, Care Coordination Fundamentals, Advanced Care Planning, and Behavioral Health Integration: What a Care Coordinator Should Know.

## WyCOA also offers:



### Wyoming Dementia Together:

A team of experienced dementia care professionals dedicated to building an inclusive community to support and educate those who have a loved one living with dementia. Receive bi-weekly education and support specifically tailored to you and other families and friends of people living with dementia in the Rocky Mountain region.



### Healthy U:

A free six-week workshop for anyone with an ongoing health concern or who helps care for someone with a chronic health condition. See Healthier Wyoming Highlights on page 5!

### Dementia Support Services:

Support, education, and resources for people living with dementia, their families and friends, and the community. All services are available free of charge. Contact WyCOA to learn more!

### Minor in Aging Studies:

Now is the perfect time to consider a Minor in Aging Studies from UW! The demand for professionals with expertise in aging is growing rapidly. Whether you're interested in healthcare, social services, business, or a number of other fields, a Minor in Aging Studies will complement your declared major.



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#### Summit Objectives:

- Encourage interdisciplinary collaboration and communication to strengthen infection prevention and control programs across healthcare settings.
- Enhance knowledge and understanding of current infection prevention and control guidelines and best practices among healthcare professionals.
- Foster networking and sharing opportunities among infection preventionists, healthcare providers, stakeholders, and governing agencies.



**SIGN UP TO RECEIVE WYCOA INFORMATION AND UPDATES  
ON EVENTS AND OFFERINGS DIRECT TO YOUR INBOX!**





# Aging Resources

Found under the 'Resources on Aging' tab at [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa).

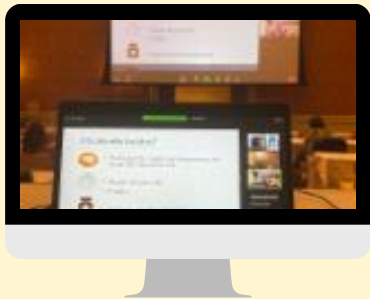
**\*Certificates of Completion can be provided for CE reporting!**

Contact WyCOA to request a copy of our materials.



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**The Wyoming Center on Aging is dedicated to providing trustworthy and credible information about aging-related topics. We feature resources for healthcare professionals, students, faculty, older adults, and family caregivers. We have many formats, ranging from online education to a lending library of DVDs, videos, and publications.**



## Online Education:

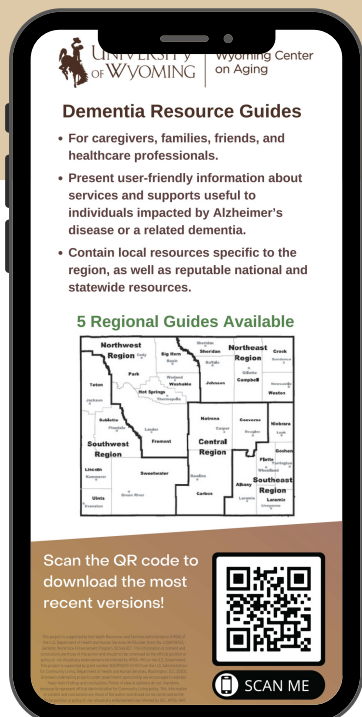
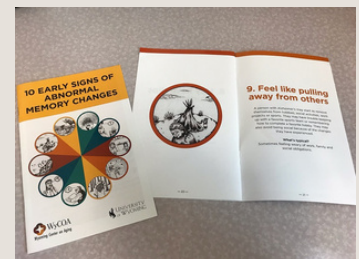
Over 50 recorded training modules on relevant geriatric topics by experts in their field, including:

- Managing the Financial Impacts of Caregiving
- Home Modifications & Aging in Place
- Chronic Disease Management and Prevention
- Management of Problematic Behaviors of Elderly Patients
- Opioid Risk Assessment Series: Eating the Elephant One Bite at a Time
- Assessing Decisional Capacity in Persons with Dementia
- And many more available online for anyone with an interest!

## 10 Early Signs of Abnormal Memory Changes: Poster and Booklet.

*A tool for cultural awareness and recognition of cognitive change among American Indians.*

WyCOA, in collaboration with tribal stakeholders, embarked on a multi-step process to create culturally appropriate education materials to increase the awareness and recognition of cognitive loss among American Indians. The resource was adapted from the Alzheimer's Associations: "10 Early Signs and Symptoms of Alzheimer's."



## Wyoming Dementia Resource Guide for Caregivers, Families, & Friends: NEW UPDATES!

Information for services related to dementia throughout the state, organized by region and contained in a handy booklet.

## 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, healthcare education, and bereavement. Available for anyone with an interest.

## Infusion Units

Infusion Units are packaged lecture materials featuring a film or PowerPoint with teaching notes, discussion questions, and resources for additional presentation reading.

Our Collection Includes:

- Hold your Breath (Ethnogeriatrics)
- Age of Champions (Senior Olympics)
- Health Literacy and Older Adults
- Aging Etiquette
- Oral Health
- Older Adults Driving





# Features

WyCOA and Partner Highlights



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## JOURNEY TO SUCCESS

*A Collaborative Approach to Diabetes, Nutrition and Heart Health*



# Register Now!

**April 12-13, 2024**

**Best Western Downtown Casper**



Register Now

This Live Activity is designed for all levels of health care professionals including physicians, nursing, dietitians, pharmacist and allied health partners that relates to clients living with pre-diabetes, diabetes, hypertension and associated chronic conditions.

This educational and networking opportunity is brought to you by:

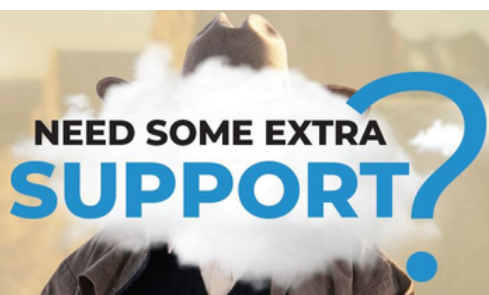


## WyCOA Partner & Collaborator Highlight



Bucking the Bug is working to integrate enhanced infection control content to help the future nursing and allied health workforce start their careers with a solid understanding of infection control theory and realities of practice. The program includes training modules and an interactive escape room.

Incorporate the modules and escape room into your spring courses today! [wycoa@uwyo.edu](mailto:wycoa@uwyo.edu)



**WYOMING DEPARTMENT OF AGRICULTURE IS PROVIDING VOUCHERS FOR 6 FREE MENTAL HEALTH SESSIONS FOR THOSE WORKING IN AGRICULTURE/RODEO/FARMING COMMUNITIES.**

**FOR MORE INFO: CALL (307) 777-8788**



## WDT ON DEMAND!

**Recorded presentations available for viewing!**

Topics include:

- **NEW** Tackling the Ethical Considerations of Dementia
- **NEW** Navigating a Dementia Diagnosis
- Caregiver Self Care - Nutrition and Physical Activity
- Mental Wellbeing for Caregivers
- and more!



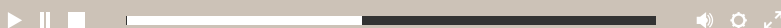
Wyoming Center on Aging

To register for WDT: [wycoa@uwyo.edu](mailto:wycoa@uwyo.edu)  
(307) 766-2829

## Watch informational videos on our "Resources on Aging" page!

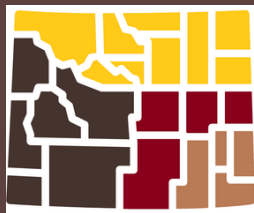
You can request a WyCOA Certificate of Completion for the modules you view!

**View: "Home Modification to Promote Aging in Place." Presented by Bernard Steinman, PhD. Gerontologist**



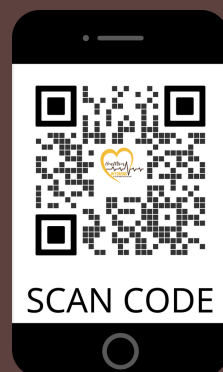


# Healthier Wyoming Highlights



WYCOA is partnering with the Wyoming Department of Health Chronic Disease Prevention Program to guide public health professionals and communities in taking action, strengthening capacity, advancing health equity, and engaging in partnerships to reverse the epidemic of diabetes, heart disease, and stroke.

[WWW.UWYO.EDU/HEALTHIERWYO](http://WWW.UWYO.EDU/HEALTHIERWYO) | [HEALTHIERWYO@UWYO.EDU](mailto:HEALTHIERWYO@UWYO.EDU)



Kara Beech, BSBA,  
SHRM-CP



Kevin Franke,  
BSN



Dian True RN,  
CDCES, FADCES

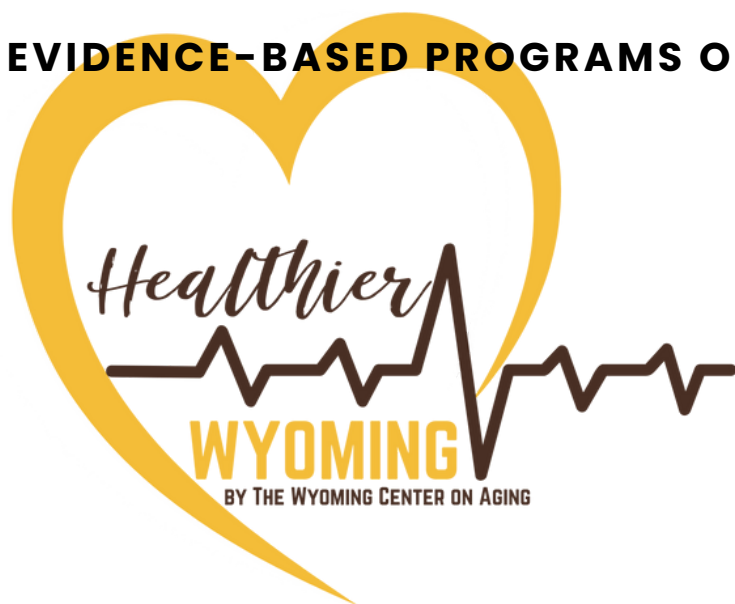


Andrea Shipley,  
MPA



Larry Goodwin

## EVIDENCE-BASED PROGRAMS OFFERED BY HEALTHIER WYOMING:



- **Healthy U: Chronic Disease Self-Management Program**
- **Diabetes Self-Management Education And Support**
- **Healthy Heart Ambassador: Blood Pressure Self-Monitoring Program**
- **Diabetes Prevention Program**
- **On the Move**



## 4 Critical Times for Diabetes Education

1. When you're diagnosed with diabetes.
2. As part of your annual assessment of education, nutrition or emotional issues.
3. When new complications arise.
4. During changes in your healthcare team or treatment.



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For more information visit our website at  
<https://www.uwyo.edu/healthierwyo/>

## Become a Leader for Healthy U!

**A Healthy U Leader is someone certified to organize and lead Healthy U workshops in their community.**

- Leaders work in pairs when delivering workshops
- Each receives a \$300 stipend per workshop series they deliver.
- No previous experience necessary!

CONTACT US FOR INFORMATION:

Email: [healthyu@uwyo.edu](mailto:healthyu@uwyo.edu) or  
call (307) 766 - 2765



Wyoming Center  
on Aging

Dementia  
Support  
Services



# DEMENTIA SUPPORT SERVICES

**Support, education, and resources for people living with dementia, their families and friends, and the community.**



The SHARE Program supports the person with dementia and their caregiver by creating a care plan that can focus on the family's needs as dementia progresses.



Wyoming Dementia Together is a community of experienced professionals who partner with caregivers to provide confidential education and support free of cost to those whose loved ones are living with dementia. Receive bi-weekly education and support that is specifically tailored to you and other families and friends of people living with dementia in the Rocky Mountain region.



Our counselors focus on the caregiver's needs and work to find ways to decrease their stress and lower their risk of burnout.



WyCOA is dedicated to providing trustworthy and credible information and resources about Alzheimer's disease and related dementias.

**All services are available free of charge.**

Contact WyCOA to learn more:

**wycoa@uwyo.edu | (307) 766 - 2829 | [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa)**

