

WINTER 2025

WYOMING CENTER ON AGING QUARTERLY NEWSLETTER

A Quarterly Update on WyCOA Events and Opportunities

Dementia Care Certificate to Launch November 2024!

The certificate program is designed for healthcare professionals, students & direct care workers

Caring for those living with Alzheimer's Disease or a related dementia can be challenging work and requires the use of skills and techniques designed to safely support these individuals. The need for professionals with expertise in dementia care is growing rapidly as the prevalence of dementia continues to increase worldwide. In response, the Wyoming Center on Aging is offering a Dementia Care Certificate for healthcare professionals, students and direct care workers working with individuals with dementia. The certificate is an online, self-paced program designed to fit within the healthcare professional's busy schedule. The modules are previously recorded WyCOA workshops, online trainings, and webinars from experts in their field. Further, modules developed by the Health Resources and Services Administration are included to provide a standardized dementia foundation. Up to 18 hours of professional continuing education credits are available.

The WyCOA Dementia Care Certificate is a convenient, easily accessible program that recognizes individuals for learning quality dementia care practices and knowledge.



Register Now!

Funding from the Health Resources and Services Administration (HRSA) will allow the certificate to be offered free of charge for those who complete certificate requirements by June 30th, 2025.

Please scan the QR Code, visit the WyCOA website, or email wycoa@uwyo.edu for more information and registration details!

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OF WYOMING

Wyoming Center
on Aging

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News & Events

For the latest updates visit www.uwyo.edu/wycoa



SCAN CODE

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 for consult!

Dementia Care Certificate:

The FREE certificate is designed for professional direct care providers/students 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. It is a self-paced program with up to 18 CE credit hours.

Care Coordination Certificate Program:

Certificate courses include Annual Wellness Visit & Advanced Care Planning. All content provided online asynchronously and offers CE Hours.

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 that is 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!

Caregiver Support Services:

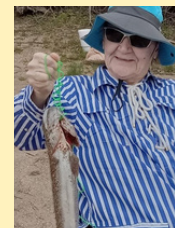
Services for caregivers including: information, resources and referral; dementia and caregiver support, and counseling. All services are available free-of-charge. Contact WyCOA to learn more!

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 are interested in healthcare, social services, business, or a number of other fields, a Minor in Aging Studies will complement your declared major.

All I want for Christmas....well, all Cherry Shaffer wanted for Christmas was a fishing pole! In 2022 Cherry received her wish through the **Santa To a Senior Program!**

In June 2022, Cherry used her new fishing pole at the North Crow Reservoir. Nearly an hour and a half later into a fishing duel, Cherry snagged a huge fish on her line. She was barely able to "crank the reel". At 80 years old, Cherry had caught what every fisherperson dreams about. It measured out at a 32.5-inch Rainbow trout. That is nearly 3 feet long!



Cherry wants everyone involved in the Santa to a Senior program to know she profusely thanks them.



JOIN THE WYCOA EMAIL CONTACT LIST TO RECEIVE THE MOST UP-TO-DATE OFFERINGS DIRECT TO YOUR INBOX!



Aging Resources

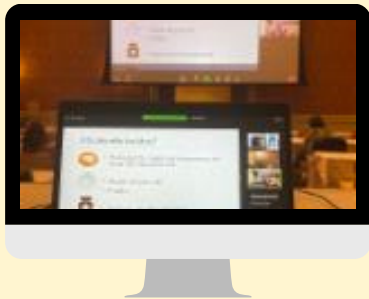
Found under the 'Resources on Aging' tab at www.uwyo.edu/wycoa.

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

Contact WyCOA to request a copy of our materials.



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:

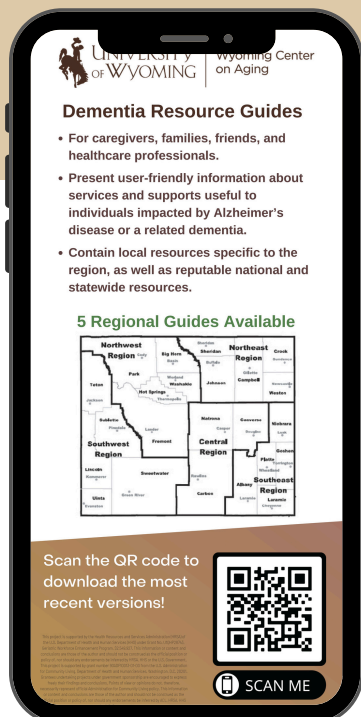
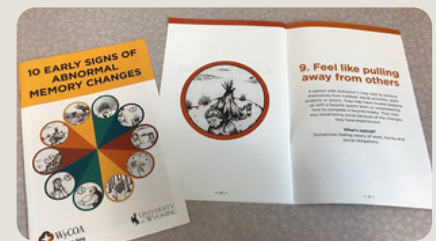
Over 50 recorded training modules on relevant geriatric topics by experts in their field, including:

- 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, education/students, 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 reading assignments.

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!



SCAN CODE

November 2024 Diabetes Awareness Month in Wyoming

Folks from the Wyoming Center on Aging, Cheyenne Regional Medical Center, and Wyoming 211 gathered in Governor Mark Gordon's Special Ceremonies room to sign a proclamation declaring November 2024 Diabetes Awareness Month in Wyoming.

Associate Director, Catherine Carrico and SW Regional Coordinator, Andrea Shipley, take time to address Governor Gordon at a recent special event for diabetes awareness.



Thank you to those who supported WyCOA During the 2024 University of Wyoming Giving Day!



WDT ON DEMAND!



Recorded presentations available for viewing!

View the Caregiving During the Holidays Series:

- Support Inside and Outside the Home
- Enlightened Communication with Your Loved One With Dementia
- Holiday Celebrations: Making it a Great Season for All



Wyoming Center
on Aging

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

WyCOA Partner & Collaborator Highlight

2024 Winter Geriatric Healthcare Series

for Healthcare Professionals\Students

We have partnered with the NW GWEC to bring presenters that are nationally and regionally recognized faculty from the University of Washington. The 10-week lecture series is designed for healthcare workers in primary care who want to improve the care of older adults, learn about age-friendly care, manage and recognize common geriatric problems, and much more!

More info coming soon!



NORTHWEST GERIATRICS
WORKFORCE ENHANCEMENT CENTER



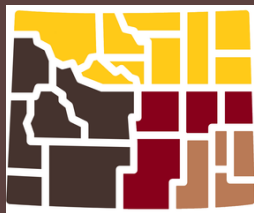
Watch the informational videos on our aging resources page!

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

View: "Caring for the Caregiver: Communicating with Family and Friends during the Holidays."
presented by Carol Taylor, LCSW. Geriatric Social Worker

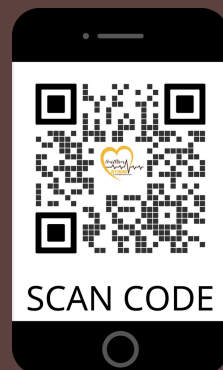


Healthier WY Highlights



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 | HEALTHIERWYO@UWYO.EDU



Kara Beech, BSBA,
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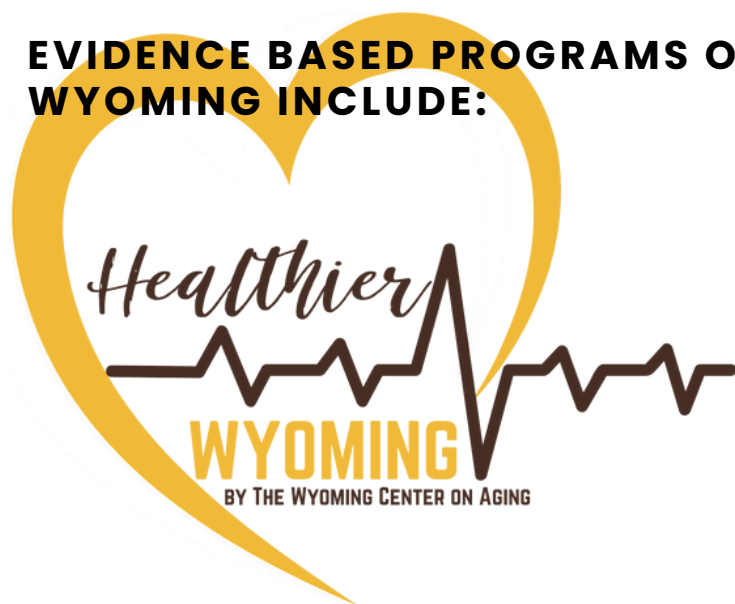


Andrea Shipley,
MPA



Larry Goodwin

EVIDENCE BASED PROGRAMS OFFERED THROUGH HEALTHIER WYOMING INCLUDE:



- **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**



Congrats to Heidi Gillette RDN, CLSC, CDCES at Hoskinson Health in Gillette, Wyoming and Tenika Earsley RDN, CLSC at Bighorn Nutrition in Greybull, WY for achieving DSME Recognition for their Diabetes Self-Management Education Programs.



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 \$500 stipend per workshop series they deliver.
- No previous experience necessary!

CONTACT US FOR INFORMATION:
Email: healthyu@uwyo.edu or
call (307) 766 - 2765

WyCOA Caregiver Support Services

Contact WyCOA to learn more!

CAREGIVER SUPPORT SERVICES

FOR WYOMING'S FAMILIES,
CAREGIVERS, AND FRIENDS



INFORMATION, RESOURCES AND REFERRAL

Providing trustworthy and credible information and resources, and referrals if needed.



CAREGIVER SUPPORT

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



DEMENTIA SUPPORT

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



COUNSELING

Professional guidance driven by evidenced-based practice, and tailored to older adults and caregivers by our trained therapists.



SCAN ME

ALL SERVICES ARE FREE OF CHARGE.

CONTACT WYCOA TO LEARN MORE:



(307) 766-2829



WYCOA@UWYO.EDU



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