

WYOMING CENTER ON AGING

QUARTERLY NEWSLETTER

WITH VIRTUAL AND IN PERSON OPTIONS, THERE IS SUPPORT FOR YOU AND YOUR COMMUNITY!

- **For Current Healthy U Leaders:** VIRTUAL Cross Training Opportunities offered in November 2025: CANCER THRIVING AND SURVIVING (CTS) Nov 6th. 3-6:00pm, and DIABETES SELF-MANAGEMENT PROGRAM (DSMP) Nov 13th. 3-6:00pm.
- **In Person workshop: Cancer Thriving and Surviving** offered in Laramie! Open to survivors of any type of cancer and their loved ones. November 10th-December 15th. Mondays, 4-6:30pm. Iverson Memorial Hospital
- **2 Leader Training Options:** VIRTUALLY: Jan - Feb 2026, or IN PERSON: Laramie, WY. April 14-17th, 2026. Bring Healthy U to your community!
- Ask about **Healthy U in YOUR area!**

For information and registration: healthyu@uwyo.edu

- News & Events
- Aging Resources
- Features
- Healthier Wyoming Highlights
- Caregiver Support Services

UNIVERSITY
OF WYOMING

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www.uwyo.edu/wycoa

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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 & Advance Care Planning. All content is online asynchronously and offers CE Hours.

Education Modules offered by WyCOA Healthier WY

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.

Chronic Disease Education and Support: *through Healthier WY, see highlights on Page 5*

In partnership with the Wyoming Department of Health Chronic Disease Prevention Program, WyCOA's Healthier Wyoming Initiative works to guide public, health professionals, and communities in taking action, advancing health equity, and reversing the epidemic of diabetes, heart disease, and stroke.

Caregiver Support Services:

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

Minor in Aging Studies:

The minor program provides students with a comprehensive understanding of the challenges and opportunities associated with an aging population and prepares them to contribute to the development of policies and programs that promote healthy aging and enhance the quality of life for the elderly.



WDT features support for caregivers and families during the holiday season. Contact wycoa@uwyo.edu to join the network today!

- Nov 5th - Respite Care for Myself and my Loved One
- Nov 19th - Peace, Love and Joy: Activities for the Holiday Season
- Dec 3rd - Peace Love and Joy in the Holiday Season: Caring for your Loved One and Yourself
- Dec 17th - Our Gift to You: Ask the Professional Support Team



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



Aging Resources

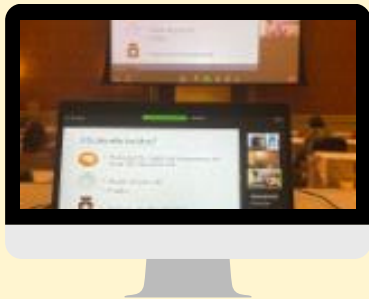
Found under the 'Resources on Aging' tab at www.uwyo.edu/wycoa.

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

WyCOA is dedicated to providing trustworthy and credible information about aging-related topics. Learn more below!

Toolkits and Products:

Free new toolkits and products for download include the Age-Friendly and Dementia-Friendly Care Preceptor Toolkit, Rural Community Linkage Toolkit, Geriatrics Career Resources Collection, Student Success Resource Guide for Students, and more! **See which product (s) can help support YOUR work!**



Online Education:

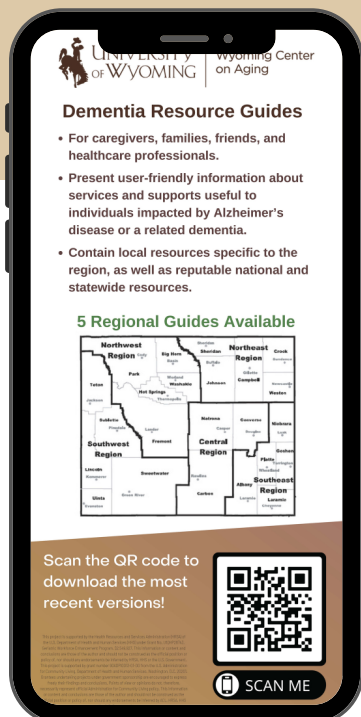
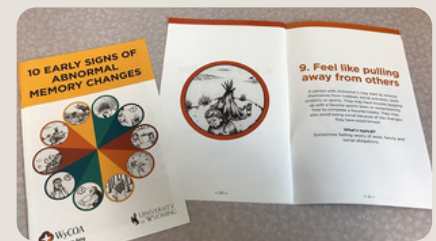
Over 50 recorded training modules on relevant geriatric topics by experts in their field, including:

- Managing the Financial Impacts of Caregiving
- Home Modifications and 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 Association's: "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 to 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!

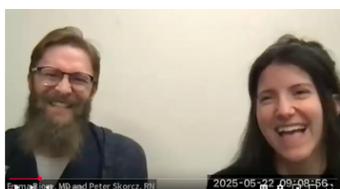


SCAN CODE

NEW RESOURCES AND NETWORKING FROM WYCOA

RURAL GERIATRICS CAREER NETWORK

The network is designed to create a repository of geriatrics career resources and a professional network between clinical trainees.



GERIATRICIAN
EMMA BJORE, MD
AND NURSE PETER
SKORCZ, RN

Watch the latest **Rural Geriatrics Career Conversation** today!

Each episode features an expert who shares their unique journey and passion for working with older adults, offering inspiration for aspiring healthcare professionals.

CONTACT WYCOA@UWYO.EDU TO LEARN MORE!



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

An opportunity for medical students, family or internal medicine resident physicians, or even attending physicians!

Pursue a Geriatrics Fellowship in Wyoming!



With an aging population, there is a growing need for skilled physicians who are passionate about caring for older adults. A Geriatrics Fellowship offers you the chance to gain specialized training in managing the complex health needs of this diverse and rewarding patient population. **More info:**
wycoa@uwyo.edu



Family Medicine Residency
Program at Casper
Geriatric Fellowship



Watch the informational videos on our aging resources page!

You can request a WyCOA certificate of completion for the modules you view!

View: Next Level Deception: How Artificial Intelligence is Changing the Fraud and Scam Game

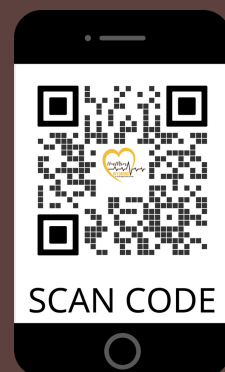
Presenter: KSam Shumway, JD. State Director, AARP Wyoming

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.

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ASK HOW HEALTHIER WYOMING CAN SUPPORT YOU!



Get to Know YOUR Numbers

Check out a blood pressure cuff kit today from any library in Wyoming. Kits Include:

- Blood pressure cuff
- Easy-to-read instructions
- Educational materials
- Local resources



Diabetes Self-Management Education and Support (DSMES)

provides an evidence-based foundation to empower people with diabetes to navigate self-management decisions and activities.

TAKE THE NEXT STEP! Request more information about getting a Provider Referral today!



A Diabetes Prevention Program (DPP) can teach you how to make lifestyle changes to prevent or reverse prediabetes!

DPPs are specific to those with prediabetes or at high risk for type 2 diabetes. Classes focus on nutrition, physical activity, and stress management. DPPs are year-long programs consisting of 16 sessions (1 hr/week) during the first phase and 6 follow-up sessions (1 hr/month) during the second phase.



Join a Healthy U workshop today!

Healthy U is a six-week workshop for anyone with an ongoing health condition (or a caregiver of someone with a health condition) who wants to take control of their condition and live a happier, healthier life. **Workshops are offered online or in person.** Questions? healthyu@uwyo.edu



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.



ALL SERVICES ARE FREE OF CHARGE.

CONTACT WYCOA TO LEARN MORE:



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