

WINTER 2024

WYOMING CENTER ON AGING QUARTERLY NEWSLETTER

A Quarterly Update on WyCOA Events and Opportunities



All I want for Christmas....!

The Wyoming Center on Aging partners with the Eppson Center for Seniors and other non profit agencies in Laramie for the Santa to a Senior Program each year.

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! WyCOA partners with the Eppson Center for Seniors and other non profit agencies in Laramie for the Santa to a Senior Program each year. The program was created to help stimulate human contact and social interaction during the holidays.



In June 2022, Cherry used her new fishing pole at the North Crow Reservoir. Nearly an hour and a half later in to 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!

In 2023 Cherry applied and became a member of the Master Angler Program at the Wyoming Game and Fish Dept! Cherry wants everyone involved in the Santa to a Senior program to know she profusely thanks them. They not only gave her a Christmas gift, they gave her a lifetime experience!



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UNIVERSITY
OF WYOMING

Wyoming Center
on Aging

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





Events & News

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!

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. It is a self-paced program: all content, quizzes, and evaluations are 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 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!

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

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 agefriendly care, manage and recognize common geriatric problems, and much more!

Offered virtually 5-6:30pm MDT



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



Aging Resources

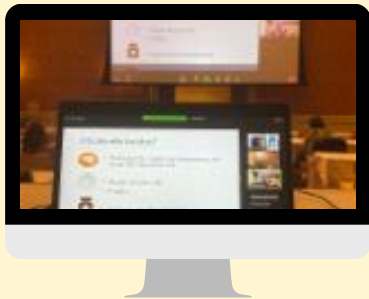
Found under the 'Resources on Aging' tab at www.uwyo.edu/wycoa.

***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:

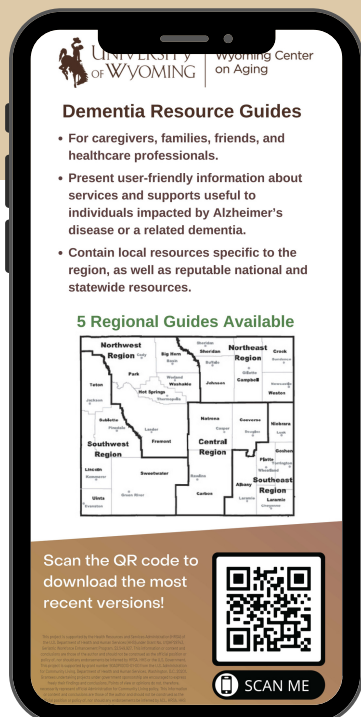
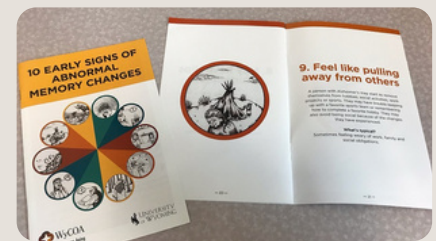
Over 50 recorded training modules on relevant geriatric topics by experts in their field, including:

- 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

AGE FRIENDLY COMMUNITIES: BUILDING WYOMING COMMUNITIES THAT ARE SAFE AND HIGHLY LIVABLE FOR PEOPLE OF ALL AGES AND ABILITIES.

Age-Friendly communities are inclusive and considerate of the perspectives of all residents, of all ages, and all persuasions. Age-Friendly communities encourage and benefit from diverse citizen engagement by including residents in a process to identify the community's needs, and develop and implement an action plan to address those needs.

Age friendly Communities in Wyoming include: Jackson, Laramie, and Casper.



LEARN MORE:
[HTTPS://WWW.AARP.ORG/LIVABLECOMMUNITIES/](https://www.aarp.org/livablecommunities/)
[NETWORK-AGE-FRIENDLYCOMMUNITIES/](https://www.aarp.org/livablecommunities/network-age-friendlycommunities/)

Thank you to the attendees and exhibitors who attended the 2023 Dementia on The Road Workshop!!



WyCOA Partner & Collaborator Highlight

UW ECHO IN GERIATRICS CONTINUES TO SUPPORT PROVIDERS IN WYOMING!

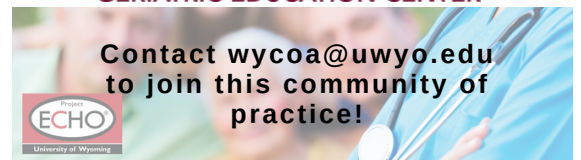
WyCOA in collaboration with the Montana Geriatric Education Center, will continue to offer the UW ECHO in Geriatrics for healthcare professionals and students!

Each ECHO network will feature a community discussion on a variety of topics related to geriatrics. Healthcare providers are invited to present challenging cases for discussion with a network of colleagues as well as feedback from a specialist care team.

This is also a great opportunity for providers to earn continuing education hours. CEs/CMEs will be available for interdisciplinary healthcare providers including medicine, pharmacy, nursing, social work, psychology, and others.



Contact wycOA@uwyo.edu to join this community of practice!



WDT ON DEMAND!

Recorded presentations available for viewing!

Topics include:

- Resiliency Practices for Care Partners
- Types of Dementia and the Importance of Diagnosis
- Continence Care and Personal Hygiene
- Driving and Dementia: Family Conversations
- and more!



Wyoming Center on Aging

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

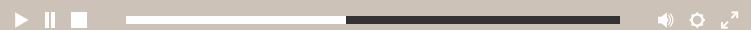


SCAN ME

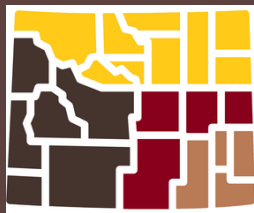
Watch the informational videos on our aging resources page!

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

View: "Living in Long Term Care Today: Boosting Health & Safety for Your Loved Ones."
presented by Crystal Morse, MSHSA, CSW.
Infection Prevention Specialist

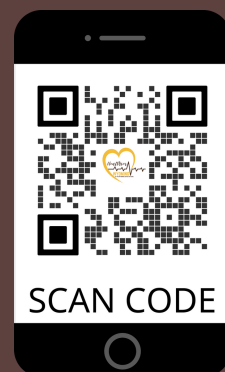


Healthier WY Highlights



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



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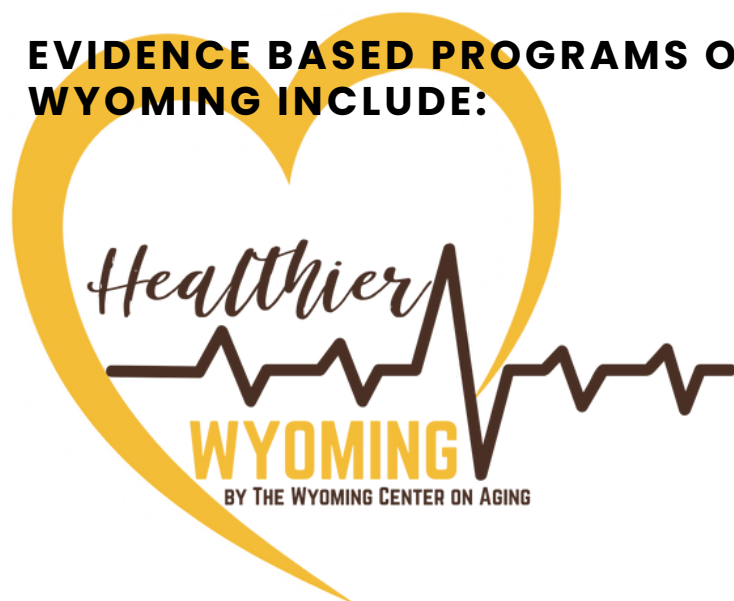


Andrea Shipley,
MPA



Larry Goodwin

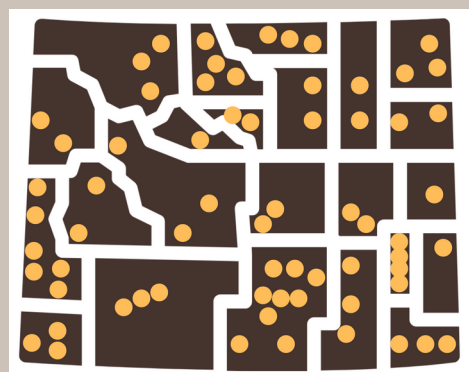
EVIDENCE BASED PROGRAMS OFFERED THROUGH HEALTHIER WYOMING INCLUDE:



- **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**



SELF-MEASURED BLOOD PRESSURE MONITORING (SMBP) KITS ARE NOW AVAILABLE FOR CHECKOUT AT LIBRARIES ACROSS THE STATE!



KIT INCLUDES:

- *AUTOMATED HOME BLOOD PRESSURE CUFF
- *LOG BOOKS
- *EDUCATIONAL MATERIALS
- *RESOURCE DIRECTORY

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 receive a \$300 stipend per workshop series they deliver.
- No previous experience necessary!

CONTACT US FOR INFORMATION:

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



Wyoming Center
on Aging



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

