

SUMMER 2025

# WYOMING CENTER ON AGING QUARTERLY NEWSLETTER

A Quarterly Update on WyCOA Events and Opportunities

## Governor Proclaims May as High Blood Pressure Education Month

Education is the first step in reducing the risks associated with high blood pressure



Wyoming's Dusty Tuckness is the Best Rodeo Bull Fighter in history, and he wants to know if you are

**TOUGH ENOUGH**  
TO KNOW YOUR NUMBERS

Check out a Blood Pressure Cuff Kit at any Wyoming Library

LEARN MORE

Photo Courtesy of Chris Thompson

In recognition of the critical importance of raising awareness about high blood pressure, Governor Mark Gordon will officially proclaim May as High Blood Pressure Education Month. This proclamation aims to highlight the prevalence of high blood pressure, or hypertension, and encourage residents to “Know Their Numbers” by checking out a blood pressure kit available at their county library. These kits have been made available by collaboration between WyCOA, the Wyoming Department of Health-Chronic Disease Prevention Program and each county public library system.

WyCOA will be launching an educational campaign that will be presented at targeted rodeos throughout the state in June and July. The campaign features the world’s best bull fighter, Meeteetse, Wyoming’s own Dusty Tuckness who asks, “Are you tough enough to know your numbers?” It will reach Wyomingites in places where they spend their summers to encourage even the toughest cowboys and cowgirls to know their blood pressure numbers.

Learn more at [www.uwyo.edu/healthierwyo](http://www.uwyo.edu/healthierwyo), [healthierwyo@uwyo.edu](mailto:healthierwyo@uwyo.edu)

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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](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 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 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 the HealthierWY, 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. **Learn more about Healthy U today!**

### 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:

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.



## The Savvy Caregiver in Indian Country

**A FREE In-Person Facilitator Training  
June 9th-11<sup>th</sup>, 2025**

The SAVVY Caregiver training program helps people who give care to Elders that have dementia.

**Become a facilitator and support the caregivers in YOUR area!**  
[wycoa@uwyo.edu](mailto:wycoa@uwyo.edu)



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





# Aging Resources

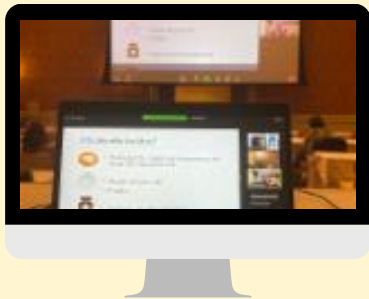
Found under the 'Resources on Aging' tab at [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa).

**\*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 can help support YOUR work!**



## Online Education:

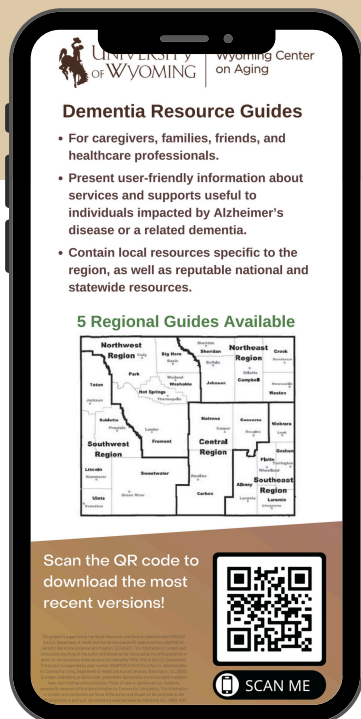
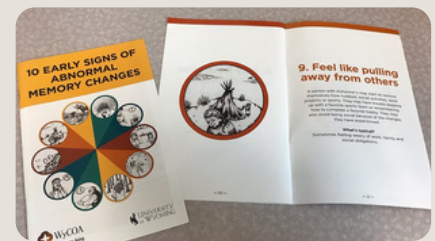
Over 50 recorded training modules on relevant geriatric topics by experts in their field, including:

- 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!



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Thank you to Danielle and Skyler, our social work interns this semester on a very successful year! Best wishes in your future endeavours!



WDT is bi-weekly education and support that is specifically tailored to you and other families and friends of people living with dementia.

### Recorded presentations available for viewing!



#### ONCE AGAIN YOUTUBE CHANNEL

Caring for a Spouse through the Dementia Process with Kent Shurtleff. PARTS 1-3

Two Wyoming men, widowers, long time caregivers for their wives with dementia, sit down for a candid, unedited conversation about caring for a spouse with dementia. From the first days after the diagnosis, to being bedside when they passed – and all the days in between. Scott Veatch of Casper and Kent Shurtleff of Riverton visit one-on-one during the next three editions of "Once Again"



Wyoming Center on Aging

#### WDT ON DEMAND!

AI and the Caregiver, with Theresa Robinett, MOT, OTR/L. Occupational Therapist

Through the Eyes of Dementia, with Carol Taylor, LCSW. Geriatric Social Worker

Mental Wellbeing for Caregivers, with Katherine Kitchen Andren, PhD, ABPP-CN.

and more!

To register for WDT: [wycoa@uwyo.edu](mailto:wycoa@uwyo.edu)



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## WyCOA Partner & Collaborator Highlight



### Preserving our Stories:

Dementia Prevention and Inequalities in US Indigenous Communities

a FREE webinar for Academic and Healthcare Professionals

June 4<sup>th</sup> 2pm MT

- Overview of different Indigenous groups by region
- Review of different histories/cultures and relevant health disparities
- Advice and considerations for providers on how to provide culturally relevant, patient-centered care to these populations



Register now!



### Rural Geriatrics Career Network

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

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](mailto:wycoa@uwyo.edu) to learn more!

### Watch the informational videos on our aging resources page!

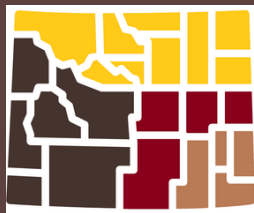
You can request a WyCOA certificate of completion for the modules you view!

**View: Parkinson's Webinars: Your Care Team and the Support System**

Presenter: Dr. Guillaume Lamotte, MD, MSCDR.

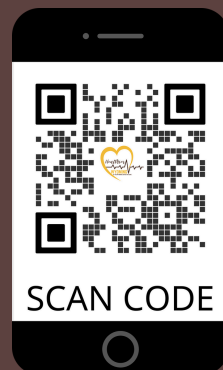


# Healthier WY Highlights



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



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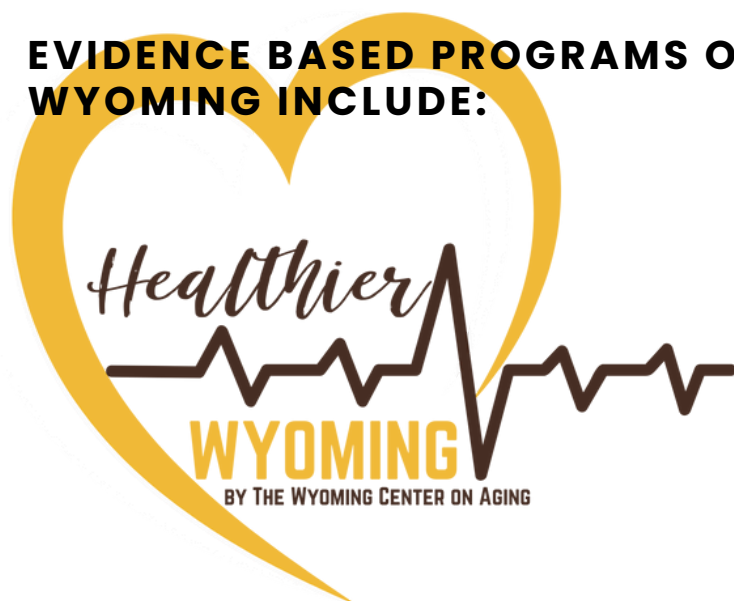


Andrea Shipley,  
MPA



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**



Wyoming's Dusty Tuckness is the Best Rodeo Bull Fighter in history, and he wants to know if you are

**TOUGH ENOUGH TO KNOW YOUR NUMBERS**

Check out a Blood Pressure Cuff Kit at any Wyoming Library

[LEARN MORE](#)

Photo Courtesy of Chris Thompson

## We are excited for you to join us for a Healthy U workshop!

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.



**CONTACT US FOR INFORMATION:**

[healthyu@uwyo.edu](mailto:healthyu@uwyo.edu)  
(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.



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**ALL SERVICES ARE FREE OF CHARGE.**

**CONTACT WYCOA TO LEARN MORE:**



(307) 766-2829



WYCOA@UWYO.EDU



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