Dementia Friendly Southern Nevada Community Meeting
January 17, 2020 | Cleveland Clinic, 9AM – 11AM

Attendance: Barbara Payne, Carrie Aalberts, Allyson Lehrich, Glenn Lehrich, Cynthia Knight, Paige Wilson, Heather Lankford, Derick Aranda, Maria Moore, Samantha Garr, Chuck McClutchey, Connie Hellenbec, Carla Hedeen, Christina Perez, Theresa (?), Verla Niebahr, Jeanne Pairman, Dennis Kesner, Kathy Kesner, Bob McNeal, Rudy Rubalcaba, Franchesca Gonzales, Ruth Almén, Jacqueline Jones, Joseph Anoruo, Jeff Doucet, Kate Ingalsby, LeeAnn Mandarino, Riley Franco

Meeting Notes:

Community Spotlight: Maintaining Brain Health as We Age – Allyson Lehrich, LCSW and President of Cognitive Care Solutions

- Introduction to cognitive fitness in relation to MCI and Dementia
- Leading medical risks related to onset of Dementia symptoms
- Being mindful of the modifiable risk factors related to Dementia
- Importance of variety, degree of difficulty of cognitive exercises

Introduction to 2020 Vision – LeeAnn Mandarino

- Goals for 2020:
    1. Empower persons with Dementia and their caregivers to live healthier lives
    2. Engage community and stakeholders in DFSN activities and advocacy efforts
    3. Create a dynamic DFNV website
- Overview of RDAD-KC program – Kate Ingalsby
    - Innovative program with overwhelmingly favorable results – potential program inspiration to support first goal.
    - Group Brainstorm – LeeAnn Mandarino & Kate Ingalsby
        - Members present suggested a variety of ideas for program modules
            - Ruth – Music Therapy in collaboration with CC PT department
            - Francesca – provide information in terms that anyone can understand (i.e. no medical terms, etc.)
            - Dennis – Develop some type of group study model specific to dementia. Something uplifting and similar to a dementia-friendly bible study. Suggested Chuck as a possible facilitator.
            - Paige – include Trauma Recovery Yoga (TRY), chair yoga, or other adaptive at-home exercise.
            - Chuck – Include people with dementia in the videos. This will likely encourage more people living with dementia to attend meetings/participate in DFSN.
            - Riley – Collaboration between nutritionist and chef to develop a healthy recipe and step-by-step instructions (for distribution/download), then demonstrate how to cook the meal in the video.
                - Consider using ingredients distributed in USDA commodities for rural areas (either in all videos, or another video)
            - Barbara – find a community partner willing to host a game night. Facilitator could demonstrate how to play the game. Caregivers and patients both welcome.

- Carrie – Incorporate spiritual wellness. www.Spiritualeldercare.com has many examples of spiritual services of all denominations, and specific to persons living with dementia.
- Jeff – Adaptive health & fitness, potentially starting with a gate/balance assessment.
- Paige – Incorporate pet therapy and intergenerational music therapy into videos.
    - Ruth – Possibly partner with existing program at Children's Discovery Museum
- (Name?)- Meet up group to promote socialization activities for persons with dementia (arts & crafts, etc.)
- Verla – Potentially incorporate some existing programs into the videos (I.e. Conversations to remember), or similar models to explore virtual travel.
- Allyson – Dementia Friendly spa day for caregivers and persons with dementia
- Jackie – Connect with community partners who already have calendars of events and collaborate – Healthcare Partners
- Jeanne – Optum Centers are available as well. Additionally, gardening and harvesting – build community gardens, learn about healthy foods, and meet up for harvesting.

Social Media Update – Riley Franco

- Overview of social media survey on website.
- Introduction to Social Media Initiative:
    1. Share perspectives of dementia in daily life - post photos and captions related to DFSN and these hashtags:
        - #MondayMantra – Something you do for or say to yourself to keep a positive perspective; a piece of advice/encouragement you'd like to share with other persons with dementia or caregivers (i.e. notes of encouragement, positivity, etc.)
        - #TravelTuesday – Photos of your travels! No matter your role in the care partnership, we want to see your world outside the home - trips near and far (to another city or to the grocery store), travel tips and tricks, etc.
        - #WednesdayWisdom – share pieces of wisdom you've acquired throughout your journey; your best tips for others.
        - #ThankfulThursday – shout outs to DFSN members sharing the DF initiative; a special thank you to a care partner; etc.
        - #FridayFact – facts about specific dementias, resources, etc.
        - #SelfieSaturday – What are you doing this weekend? Share a selfie! Whether it's a self-care activity alone or a group pic with your care team, we want to see your weekend adventures!
        - #SafetySunday – Share your safety tips and resources for patients and families
    2. Content can also be emailed to DFSN at dfninfo@dementiafriendlynevada.org

Dementia "Edu-tainment" – Telenovela

- Due to time constraints, DFSN did not screen episode one of "Lost Memories." Riley will post on social media for members to view at their leisure.

Announcements:

- Competitive grant cycle for Nevada ADSD is open. Please contact Jeff Doucet or visit the website for additional information.
- "Turning Point – Quest for the Cure" will be screened at the CC LRCBH
- New CCLRCBH Improve for Care session will start in March (6 weeks) – contact Ruth Almén for details
- Parksinson's Place is holding their 3rd annual Movement Fair on Saturday, January 25th from 10am-3pm at Zappos. Contact Ruth Almén for details
- Avenir Memory Care has an ongoing caregiver support group the 2nd Tuesday of every month – contact Rudy Rubalcaba for details.
- Michaelson & Associates will be presenting "Detecting Abuse and Exploitation in the Senior Population" on February 4th. Registration begins at 2:30pm. RSVP required – contact Jeanne Pairmann for details

Next Meeting: Friday, February 21, 2020 | 9am-11am | Cleveland Clinic | Education Center