



Dementia Friendly Pahrump Meeting Notes - Meeting 20

Tuesday, February 4, 2020 from 1:00 - 3:00 PM

Nye Communities Coalition, Room 31

In attendance: Tonya Brum, Casey Acklin, Barbara Payne, Tom Waters,
Nannette Fretwell, Wade Hinden

1. Casey welcomes the group, and mentions that Jennifer Carson is unable to attend due to a family emergency.
 1. All members at the table introduce themselves.
2. Casey reviews the purpose of Dementia Friendly Nevada, and discusses one Dementia Friendly Nevada mobilizing belief:
 1. “Supporting engagement, autonomy and partnership with people living with dementia will promote improvements to their quality of life and well-being, and strengthen the social fabric of communities. Elders need communities and communities need elders.”
 2. Casey discusses how he thinks it is such a shame when elders and people living with dementia are pushed to the margins of society. They have so much to provide, and are such an integral component of any community’s future. It’s a true loss, for everybody, if they are purposefully left unengaged and excluded.
3. Casey presents on living well with dementia (slides attached)
 1. The group discusses the benefits of dancing for people living with dementia, and acknowledges how dancing integrates so many domains of

wellbeing. It also encourages people to feel like “normal people” and not like they are defined by their dementia.

4. The group reflects on the well-being of people living with dementia in Pahrump.
 1. “What stereotypes about dementia may diminish opportunities for living well and threaten the engagement of people living with dementia?”
 1. Tonya details how simply saying the word dementia in conjunction with an educational opportunity pushes away potential participants. However, their decision not to attend is a choice. Nobody shows up in the Pahrump community, and people are choosing to be stay away because they want to actively avoid thinking about dementia.
 1. Nannette adds that it’s more than not wanting to think about it, it’s not wanting to be identified as someone living with dementia or as a family care partner. They don’t want to be “called out” by the rest of the community.
 2. Tom mentions that this is exactly the same thing that happens with men who are diagnosed with prostate cancer. They don’t want to hear it, and they don’t want to engage with their reality.
 1. Nannette hypothesizes that this is likely—at least in the case of dementia—because people assume that people living with dementia have no future. That couldn’t be farther from the truth; people live with dementia for quite a long time in many cases.
 2. “What are some examples of ways we—as individuals—can each support the wellbeing of people living with dementia?”
 1. Barbara says that one thing that we—and other community members—can do to support people living dementia is actually attend the educational opportunities that are so abundantly available.

2. Tonya agrees, and adds that it's the responsibility of community members to educate themselves about what living with dementia means. Dementia is so common, and people need to know what it's actually like to live with dementia in order to know how to promote inclusivity in the community.
 3. Nannette mentions that perhaps we could boost attendance at education opportunities by making people answer the question "Are you close to someone who forgets things a lot? Someone who is isolated? Someone who has trouble putting their words together?" People might not respond to the term dementia, but if you ask people those questions, they'll be forced to say "Yeah, you know I guess I am."
3. "What programs, services, and other opportunities currently exist in the Pahrump community that support people living with dementia in living well?"
 1. Barbara mentions that the Alzheimer's Association has a presence in Pahrump.
 2. Nannette brings up the department of Parks and Recreation, and how Dementia Friendly Pahrump might be able to work with them in setting up some sort of walk through the park for people living with dementia.
 1. Wade adds that there is also the Discovery Park bird sanctuary, but the problem with that location is that the water is contaminated and so it might not be safest place for elders to be walking on a regular basis.
 3. Tonya says that the Friends Day Out program is one of the only programs in the area that is directly supporting people living with dementia.

4. Wade believes that the library is also a place that supports the well-being of people living with dementia, since they have events (such as movies) that are free and open to the public.
5. Wade wonders whether elders living with dementia might be interested in walking around the local Cemetery.
6. Tonya says that it would be nice if the Pahrump community had at least one mall, and that it would certainly be a place that would attract elders.
7. Barbara contributes that there are presentations at Inspirations Senior Living each month after the First Friday meeting, and that they are open to anyone who would like to attend. Care partners might be interested.
8. Tom notes that there is also a veterans ice cream social that is open to anyone who has ever known a veteran. We could do something similar, but for anyone who has ever known someone living with dementia.

5. Plans for the quarterly Dementia Film Series are discussed.

1. Casey reports that the Valley Conference Center is indeed available for four quarterly screening dates, but they are unable to reduce their prices below \$300 per day, which would amount to \$1200 for the whole film series. He asks the group if everyone is okay with paying this amount, and mentions that the \$1750 in funds that Dementia Friendly Pahrump currently has available must be used by the end of June, 2020.
 1. The group unanimously agrees to use \$1200 of funding to reserve the dates at Valley Conference Center, since it's the perfect location, but to ask if we are able to get the money refunded should we decide to change venues after the first screening (in case we find someplace appropriate that would provide their space for free).

2. The first film will be Still Alice, and the screening will be on February 29th. Dr. Peter Reed—director of the Sanford Center for Aging—is confirmed as the speaker for the post-film discussion.
3. Since the screening is happening so soon, we need to develop a robust outreach plan to make sure the event is well-attended.
 1. The group reviews the draft Film Series flyer. Tonya mentions that we should add a phone number for people to register, in addition to the website, since not all Pahrump community members will want to use the internet.
 1. Tonya agrees to have her number listed, and to register any participants she talks to using the online form on the Dementia Friendly Nevada website.
 2. Tom mentions that the influence of the local television stations is expanding. It's becoming more and more effective to advertise there.
 3. Tonya will investigate the requirements and cost associated with posting an advertisement in the Pahrump Valley Times, and will interface with Casey so that he can make an ad.
 1. The group is unanimous in deciding that we should use our remaining funds (after reserving the screening dates) to purchase ads for the first two screenings.
 4. Tom says that he will bring information about the film series to the Christian Men's Fellowship Breakfast that he is attending tomorrow.
 5. Nannette will bring flyers to the library.
 6. For the May screening, we can get an ad into Pahrump Life magazine.
 7. Tom mentions that we might want to reach out to Sue Phelps, who runs the Veterans Reporter newspaper.

8. Casey suggests that it might be a good idea for the group to meet once more before the February screening to discuss outreach. Neither Jennifer nor Casey will be able to attend in person, but Casey (and possibly Jennifer) would be able to call in to the meeting.

1. A meeting is set for Monday, January 10th, at 12:00 PM.

6. The group reviews the current state of the effort to implement Dementia Friends Information Sessions.

1. The recurring session at the Holiday Inn, that happens on the first Tuesday of each month from 10:00 - 11:30 AM, had one participant this morning, which is better than the former two months when there were no participants.

2. Casey asks the group if there is anything we need to be doing toward our goal of implementing these sessions in banks, retail businesses, and communities of faith around Pahrump.

1. Barbara presents the group with a referral form, designed by Dementia Friendly Southern Nevada Urban, that they are using. With the form, any community member can suggest a local business or organization that they think would benefit from dementia education. Dementia Friendly Southern Nevada Urban can then reach out to that organization and set up a training.

1. Perhaps we could do something similar in Pahrump? Casey says that he will work on creating a referral form that is specific to Dementia Friendly Pahrump.

2. We also should develop a list of community businesses that we think would be good to contact. Casey suggests that each member think about a few organizations prior to the March meeting, so that in March we can begin to make calls and set up sessions.

3. Having a flyer advertising this free opportunities for local businesses would also be helpful. Barbara presents one that Dementia Friendly

Southern Nevada Urban developed. Case says that he will work on one for Pahrump.

7. Is there anything happening in our community or state that members of our Community Group should know about, and can possibly help promote?

1. There is a Career and Volunteer Fair on February 14th.
2. The Sorroptimist Resource Meeting and Women's Fair is happening the 21st of March.
3. Humana is offering sessions about all sorts of things. Barbara is attending one tomorrow, at 9:30 AM, as a representative of the Alzheimer's Association.