

Notes December 8th, 2020

Age- and Dementia-Friendly Winnemucca and Humboldt County

Topic: Gini Cunningham's Zoom Meeting
Time: 08:00 AM Pacific Time (US and Canada)
Join Zoom Meeting
https://us02web.zoom.us/j/3530642536
Meeting ID: 353 064 2536 Password: Gini

One tap mobile
+1-669-900-6833

Attendance:
Maria Bengochea
Patty Ellifritz
Rich Stone
Alicia Heiser
Niki Rubarth

Legal -
Communities of faith -
Government agencies -
Transportation services -
Banks/Financial planning -
Emergency planners/first responders -
Businesses -
Hospital and acute care -
Neighbors and community members -
Libraries -
Community-based support services -
Residential care -
Educators -
Other:

The 8 Sectors of AARP Age-Friendly Communities Outdoor Spaces; Buildings and Structures Transportation Housing Social Participation Respect and Social Inclusion Civic Participation and Employment Communication and Information Community Support and Health Services	The 5 Sectors of Dementia-Friendly Nevada Transportation Services Community-based Supports and Services Neighbors and Community Members Businesses Outdoor Spaces; Buildings and Structures
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- I. **Turkey Trot – update.** Check out the website: www.adf-winnemucca.com for photos and registration for next year. We will soon add registration for Sprint Triathlon. **With a donation from HGH of \$1,000 the Turkey Trot raised over \$7,000 to be used**

for respite, education, and special projects like the benches and table near the Fitness Park and Appreciation Wall. Having Athi Husted post all of the photos, live and virtual, on our website www.adf-winnemucca.com adds to our advertisement outreach.

Registration online is open for November 25th, 2021

- II. **Sprint Triathlon date – September 18th. Do we want to set this as the standard -3rd Saturday of September?** Gini now has the weekend before open – we could change to the 2nd Saturday, or do you have other ideas.

Members present decided to make our event on the 3rd Saturday of September since it seems to be a fairly open weekend. Athi will design magnets that have the dates for the next several years.

Pool is closed now due to covid-19 and difficulties finding lifeguards but it will be up and running ASAP.

- III. **Appreciation Wall – 1 plaque is up – that this is a project of ADF-Winnemucca. Others to follow – then a photo opportunity. By then the Belson bench and table with shade should be in position for a bit more advertisement.**

Perhaps the January 12th meeting can be in front of the wall as the other plaques will be up by then and two benches will be in place. This will provide a good background for advertising.

- IV. **How are we doing?** Gini just learned that a yearly update is due to AARP about our progress on our goals (attached). We need to think of 2-4 goals to set for 2021 so that these can end the report. What else do we need in Winnemucca?

We quickly reviewed our SMART Goals, added two more that are happening but were not on display. 1-28 are active, have been completed, or have been adjusted/modified to suit our needs. After discussion we determined that for 2021 we will have 1 focus: The Community Garden. That will give us more than enough to think about, plan for, and act on. It seems that “bulldozing” and starting fresh is the best and wisest choice. ADF-Winnemucca will look at paving for those in wheelchairs and with walkers, raised beds, a special garden arrangement is ADF honor, plus attend to other needs as they arise. The locale is perfect with Larios Arms, the Senior Center, and Sonoma Heights close by.

The outdoors/post-covid-19 will be ideal for individuals and families to reunite with gardening projects.

Alicia will invite Jim McErquiaga who is spearheading Community Gardens to be our guest speaker.

SmartGoals – ADF-Winnemucca Updated December 2020

Review of SMART Goals

Goals in Black; Update in Red

SMART Goal #2 – Certified AARP Driver’s Education Instructor – Member Skip is certified to fulfill this role for out community.

SMART Goal #3 – Concierge Service on Pleasant Senior Center Bus – The Senior Bus has been inoperative much of this year, however, when regular services begin operation ADF-Winnemucca will work to insure that the concierge service is once again available.

SMART Goal #4 – Benches and Game Tables – Although we were not awarded an AARP Livable Communities grant we were able to generate funds for several projects including a covered bench and a covered table to be placed along the pathway or near our Fitness Park when these items arrive. Also, two benches have been moved and will be placed next to our Appreciation Wall, another goal we set, gathered funding for, and is not erected near the Fitness Park.

SMART Goal #5 – Walking, Biking, and Jogging Path – The walking path near the Fitness Park is used by many individuals. We look forward to extending this as well as adding vegetation in the area to make it appear more inviting.

SMART Goal #6 - Education and Background Awareness Campaign – With many in-person events cancelled since March, we have still extended education opportunities such as “Mobilizing Beliefs” and “Dementia-Friendly Communities”. Our partnership with the Northern Nevada Alzheimer’s Association also gives us the benefit of offering their many virtual presentations such as 10 Warning Signs of Alzheimer’s and Support for Caregivers.

SMART Goal #7 – Campaign to Educate Business Owners and Employees on Restroom Availability for Families – This will resume once in-store shopping once again becomes safe.

SMART Goal #8 – Maps Downtown with Key Historical Sites This goal is pending and hopefully can come to fruition with partnership with the Humboldt County Museum at some point during 2021.

SMART Goal #9 – Flag Crossings at Highland Park - Installed

SMART Goal #10 – Expand Advertisement of Various Transportation Services – Senior bus services continue to be available along with RSVP transportation, but it is limited and requires more advance planning. Later in 2020 we should be able to build this service.

SMART Goal #11 – Provide Residents in Need with Contact Information for Snow Shoveling and Leaf Raking – Available through our Honor Camp.

SMART Goal #12– Create List for Contractors and Realtors on Key Elements of Aging-in-Place Home Amenities - Complete

SMART Goal #13 – Produce and Distribute HomeFit Guide – Complete with copies available upon request and in our lending libraries.

SMART Goal #14 – Expand Advertisement about Social Activities and Events through a Website: www.adf-winnemucca.com – Member Athiwan Husted has upgraded our website and has done an excellent job of advertising our events, meetings, potential presentations, etc.

SMART Goal #15 – Expand Array of Social Activities – ADF-Winnemucca added a Sprint Triathlon in July 2019 and held the second one in September 2020. Between these two events and our overlapping support of Alzheimer’s Awareness events such as the Turkey Trot, Tie-One-on, and the Longest Day, we decided that we are providing an adequate number of events of a social nature, with an emphasis on fitness and interaction.

SMART Goal #16 – Provide Business Owners and Employee Training to Build Knowledge and Offer Ideas for Assisting All Customers – On hold during much of 2020 but available upon request.

SMART Goal #17 – Design Booklet and Brochures with Key Information on Services Available in Winnemucca while Encouraging Support of Local Businesses and Artisans – Complete.

When 2021 resumes normalcy we will update our booklets and brochures for communitywide distribution.

SMART Goal #18 – Educate Businesses of Importance of Benches or Chairs Available for Caregivers and Loved Ones - When 2021 resumes normalcy we will again work closely with business and organizations to assist with greater accessible, knowledge and understanding.

SMART Goal #19 – Design Winnemucca-Specific Safety Program Using Neighborhood Watch as an Example We will work more closely with the City Police and Sheriff's Office with perhaps weekly updates on safety issues, crime concerns, and good news. In researching Neighborhood Watch we found that it is costly, time consuming, and that we would be better off with connections with law enforcement.

SMART Goal #20 – Offer REST (Respite Education and Support Tools) Training – When 2021 resumes normalcy we will again offer this program. Supplies are on hand.

SMART Goal #21 – Continue Public Awareness Events about Alzheimer's and other Dementias: Turkey Trot, Tie-One-On, Community Health and Wellness Fair, the Longest Day – When 2021 resumes normalcy we will again offer programs such as these. Because it is held outdoors, we were able to support the 7th Annual Turkey Trot this year where over \$7,000 was donated for education and respite care for those with dementia and their caregivers and the community at large.

SMART Goal #22 – Continue Our Work to Build a Livable/Dementia-Friendly Community – This ended our update for 2019 and is one that we continue to build upon, as seen above, making ours a perfect place to spend a lifetime.

2020

SMART Goal #23 - Apply for additional funding through AARP for expansion of our Fitness Park Located at the Whitworth/City Recreational Complex – Sadly we did not receive a grant this year but that did not deter our group from success. We were able to purchase a covered table and a covered bench for the Fitness Park, aid in constructing our Appreciation Wall, and continuing our partnership with the City of Winnemucca to expand our Fitness Park and Walkway. We look forward to applying again in 2021.

SMART Goal #24 – Create and Stage a Sprint Triathlon with Funds Raised to be Used for Additional Items at the Fitness Park – Started in 2019, 2020 double the number of participants plus we had 4 people participate virtually. The live experience is powerful; the virtual experience means anyone, anywhere can participate and reach personal fitness goals. \$1,000 raised for our bench and table project near the Appreciation Wall and Walkway.

SMART Goal #25 – Design and Purchase an Appreciation Wall at the Entrance to the Fitness Park area – Completed in time for the 2020 Turkey Trot, plaques to honor or in memory of are available for purchase through Jim Dandy Productions. Finished plaques are installed by the City crew.

SMART Goal #26 – Live and Virtual Dementia-Friends and Mobilizing Beliefs Trainings – Trainings are available for those who are interested. When 2021 resumes normalcy we will extend our outreach.

SMART Goal #27 – Create and Deliver a Lending Library with Books, Pamphlets, and Flyers on Alzheimer's, Dementia, and Caregiving (distributed to Humboldt General Hospital, Humboldt Volunteer Hospice, and Pleasant Senior Center). The Northern Nevada Alzheimer's

Association will send us materials periodically to update the library – **Complete, although we have not been able to add to these libraries during COVID-19. Once normalcy resumes, we have several additions for each facility plus the Northern Nevada Alzheimer’s Association will send us more upon request.**

SMART Goal #28 – Partner with the Northern Nevada Alzheimer’s Association to bring virtual and live presentations such as “10 Warning Signs” and tips for caregivers – **This allows one more way for ADF-Winnemucca to continue our outreach and education goals.**

SMART Goal #29 – Provide iPads to RSVP, Humboldt Volunteer Hospice, and Pleasant Senior Center to add another way for seniors, those living alone, and shut-ins to communicate with family, friends, medical personnel, grocery shop, and more – **Although we did not receive funding from AARP for this purchase, the City awarded us funds for 3 iPads through the Nevada CARES grant. All iPads are in place and in use.**

SMART Goal #30 - Borrowing an idea from Pahrump Dementia-Friendly team we launched an every-other-month movie extravaganza to share information on forgetfulness, dementia, Alzheimer’s, and other critical issues. **Although we had to discontinue our movies after the first showing, we will re-engaging as soon as it is possible, maybe by late summer or fall 2021.**

2021

SMART Goal #31 – Partner with City of Winnemucca, Nevada Outdoor School, Main Street Winnemucca, and others to re-create the Community Garden with our emphasis on paved trails for easy access of walkers and wheelchairs, raised beds to easily reach plants, and a special garden dedicated to the efforts of Age- and Dementia-Friendly Winnemucca. We will also be available to follow guidance from the City on the Master Plan regarding irrigation systems, weeding, maintenance, plot designation, and planting plants that look good and survive in our climate. **This may seem a small goal when you look at everything from the past, however, the Community Garden has fallen into disarray and ADF-Winnemucca is excited to work with local groups to bring this area back to a wonderful state. With a focus on those with physical restraints our top priorities are a paved area for walkers and wheelchairs, raised beds for easy reach, and a garden to represent ADF-Winnemucca and our desires for a Livable/Age- and Dementia-Friendly Community.**

- V. Gini has begun recruiting Battle Mountain and Lovelock representatives to strive for Age-Friendly/Livable Community and Dementia-Friendly designations. Update to follow.

Next meetings:

January 12th

February 9th



Mobilizing Beliefs

Dementia Friendly Nevada is guided by a deep belief that each person living with dementia remains, and will always remain, a full human being and his or her rights as a citizen are, and shall always be, intact. To guide our dementia-friendly and inclusive efforts, we offer a set of **mobilizing beliefs**, which can help serve as a type of ethical roadmap for restoring and ensuring fundamental rights and opportunities to people living with dementia who have been disenfranchised by a prevalent view that discounts and diminishes their value and potential contributions to our communities and state.

1. People are **living** with dementia. In order to support each person in living with dementia, we must destigmatize dementia and see beyond the common tragedy narrative. People can live well with dementia when they are afforded with opportunities for meaning, purpose and growth.
2. People living with dementia are not their diagnosis. Person-first language should replace labels such as ‘dementia sufferer’ or ‘Alzheimer’s patient’. Such labels perpetuate an ‘us versus them’ mentality. In truth, *all* human beings are forgetful; some are just more forgetful than others.
3. If you know one person living with dementia, you only know one person living with dementia. Generalizations based on notions of ‘age’ or ‘stage’ are limiting and often wrong. Understanding the experience of living with dementia requires understanding each person as a unique human being.
4. People living with dementia are the genuine experts in the experience of dementia. Their perspectives, wishes and preferences should always be sought and respected in the decisions that affect their lives. Truly engaging each person living with dementia as a legitimate contributor to his or her own experience opens a world of possibilities.
5. People living with dementia can and do communicate and express themselves meaningfully across the entire continuum of the disease experience. It is

important that care partners and community members develop the ability to listen with more than their ears and to speak with more than their words.

6. Contrary to the increased use of the term, there is no such thing as “behavioral and psychosocial symptoms of dementia” (BPSDs). So-called

“behaviors” are actually a form of communication; communicating identity, preferences and/or unmet needs. Instead of pathologizing behaviors, care partners and professionals should seek to understand and validate personal expressions, actions and reactions.

7. Sometimes, what makes care partners feel safe and secure makes people living with dementia feel trapped and anxious, including locked environments.

8. “Redirection” is a code-word for distracting, manipulating or charming someone living with dementia into doing what *you* want them to do. Instead, care partners and community members should respond supportively and seek to understand the world from another person’s perspective.

9. Just as the Americans with Disabilities Act ensures ramps for people living with physical disabilities, it should also ensure that communities provide adaptations and supports (i.e., cognitive ramps) for people living with dementia and other cognitive disabilities.

10. Communities and service agencies need to offer affordable, accessible and proactive community-based supports and services. The more energy and resources devoted to community-based supports and services, the less need there is for expensive and reactive interventions and institutional care settings.

11. People living with dementia should never be segregated, like convicted criminals. Each citizen has the right to live freely and safely in the community of their choosing. Even in circumstances where a person requires additional support due to cognitive impairment, the living environments offered should be normalized, inclusive and not merely ‘homelike’ but an actual home, without restrictions or restraints on one’s freedom. There are many ways to guarantee safety besides locked doors.

12. Persons living with dementia should have access to affordable person- and relationship-centered residential care and support that nurtures each person’s well-being and upholds their right to autonomous decision making to the fullest extent possible. This requires an appropriate care partner to resident ratio.

13. Though most forms of dementia are degenerative, people living with dementia can continue to grow and thrive when care partners and organizations avoid the tendency to medicalize, sterilize and surveil all aspects of everyday life.

14. Supporting engagement, autonomy and partnerships 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.

While each of these mobilizing beliefs are represented in various ways by Dementia Friendly Nevada, the responsibility to ensure that all people living with dementia are respected and valued as active citizens and important members of our communities resides with all community members and leaders.