

Notes October 13th, 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:

Billie Lucero

Tina Leon

Jolina Adams

Alicia Davis

Gini Cunningham

Maria Bengochea via later call

Legal - 0

Communities of faith - 0

Government agencies - 0

Transportation services - 0

Banks/Financial planning - 0

Emergency planners/first responders - 1

Businesses - 0

Hospital and acute care - 1

Neighbors and community members - 0

Libraries - 0

Community-based support services - 2

Residential care -0

Educators - 2

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. Sprint Triathlon September 19, 2020. Live and virtual. Registration \$25.

Discussion:

Plans for 2021:

1. Same weekend as September is rather quiet, thus September 18, 2021. We talked about other dates but there appeared to be conflicts. *We can always adjust this date to something earlier if it seems appropriate.*
2. Use permanent marker to mark participants to help with counting laps and keeping track on the course. Each competitor will have a number, i.e. 1 is first competitor who is completing all 3 events; 2-1/2-2/2-3 indicates team 2 with who is completing which part of the event. *Reminder to get large black markers ready.*
3. After last swimmers enter the pool, move the volunteer table out to the corner with Haskell so we can cheer, count, guide traffic, etc. We can do this earlier if we have more volunteers. *Set up chairs in advance for spectators, maybe even a ribbon divided to separate competitors and fans.*
4. Add Family Team award - I already did this as it seemed appropriate to reward the Barron Family. *Done.*
5. Meet Friday afternoon prior to the event to go over course, expectations, responsibilities, etc. *Wide approval for this.*
6. Drive the course so everyone knows where to be and key responsibilities for traffic control. *This will make the bike and running responsibilities clearer.*
7. Recruit more volunteers. *If each ADF-Winnemucca Project Team member brought in 1, 2, or 3 friends, that would be awesome.*
8. Create better signs for volunteers to announce "Road Event". *Keeli and Gayle are working on this.*
9. Seek sponsors for support and to spread information and encourage registration. *Gayle and other volunteers will seek sponsors.*
10. More advertisement in newspaper, on the radio, social media... *We will continue with newspaper and expand social media as every ADF team member spreads the word of our event through his/her contacts.*
11. Add 25 yards to swim so that swimmers start and end at the same place. *Gini misunderstood. We will stay with the 23 lap model since then we can start the next group swimming sooner.*
12. Line up competitors before pool entry to make sure they understand lanes, laps, taps when complete etc. *We will have this area marked and be certain all groups arrive and understand how event unrolls. We will remember to make certain that late arrivals also go through the process so that they understand our protocols.*
13. Create lane markers so that competitors know better where to go. *Tina has these at the pool so we can use them next year.*
14. Have a cheering area to alleviate a clog around pool lap counters *Noted in #3.*
15. Recommend that swimmers bring their own lap counter. *We can send out a note on this but newcomers may be confused as to what a lap counter is supposed to do. In fact, it may confuse our volunteers. Most team members liked being an active part of the event at the outset, even though it meant rushing to road stations as first swimmers completed their swim. We know that 10 minutes is about what first competitors will clock on their swim.*

16. Music. *With our new PA system, this should be simple. Check for outlet near the corner of pool road and Haskell.*

17. Alicia will help create information to send out to all of our contacts: "If you can swim, bike, and run, you can complete a Sprint Tri. *This idea was widely accepted and will be great as advertisement as well as getting our community more physically fit. This will tie into our weekly/monthly challenges. We can post these online, Facebook, in our monthly Sun Ad.*

18. Alicia will also create a training flyer. *Training flyer will be posted as mentioned in #17.*

18. Bike route seems fine. *With our pre-event meeting and review of route plus new signs and more safety indicators, this will make the bike and running route more clear and safer.*

19. Running route – make it clear that it is 3.78 miles. *Most competitors do not object to a little extra mileage as long as they know about it in advance.*

20. Offer this as a live as well as virtual event. *While we hope that covid-19 is a thing of the past by next fall, we also think we could promote the event participation with more options.*

21. Have a modified route for those who want to compete but need something shorter. *While registrants have been told they can modify their swimming amount and/or route, we can post some options and make it clear that this is all about health and well-being and building strength.*

22. Encourage individuals to register and complete just the events they want to. *We'll work to build our event by offering options of a variety of types.*

- II. **Mobilizing Beliefs presentation for Rotary Club update; anyone else interested in this for their organization or business?**
- III. **Turkey Trot – registration, route, and information attached. Same starting point – by the Fitness and Splash pads in Whitworth Rec. Complex. Registration is open now - \$25 adults; children 5-9 - \$15. Masks required as per registration form.**
- IV. **New business:**
 - 1. **Group suggested to work on monthly fitness challenge ideas and how to build it up to get community involved.**
 - 2. **Suggestion for pool hours to be posted more readily available.**
 - 3. **Need to start asking for volunteers for turkey trot, Tina asked swim teams to kick off event or possibly see if lifeguards would like to participate.**
 - 4. **Suggested if anyone has any ideas regarding anything we have discussed to send them to Gini.**

Meeting adjourned 8:32 a.m.

Next meetings:

November 10th

December 8th



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.