

Notes January 12, 2021
Age- and Dementia-Friendly Winnemucca and Humboldt County

Gini Cunningham is inviting you to a scheduled Zoom meeting.

Topic: Gini Cunningham's Zoom Meeting

Time: Jan 12, 2021 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/3530642536?pwd=cUFoM3pYUG0rY3FMYTZxMTFtMUczZz09>

Meeting ID: 353 064 2536

Passcode: Gini

One tap mobile

+16699006833,,3530642536#,,,,*086653# US (San Jose)

+12532158782,,3530642536#,,,,*086653# US (Tacoma)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

Meeting ID: 353 064 2536

Passcode: 086653

Find your local number: <https://us02web.zoom.us/j/3530642536?pwd=cUFoM3pYUG0rY3FMYTZxMTFtMUczZz09>

Attendance:

Alicia Cramer

Maria Bengochea

Patty Ellifritz

Heidi Slater

Alicia Heiser

Gini Cunningham

Legal - 0

Communities of faith - 0

Government agencies – 1

Private agencies – 1 (does that seem right, Heidi?)

Transportation services - 0

Banks/Financial planning - 0

Emergency planners/first responders - 0

Businesses - 2

Hospital and acute care - 0

Neighbors and community members - 3

Libraries - 0

Community-based support services – 6 – we all serve in this capacity to some extent

Residential care - 0

Educators - 1

Other:

<p>The 8 Sectors of AARP Age-Friendly Communities</p> <p>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</p>	<p>The 5 Sectors of Dementia-Friendly Nevada</p> <p>Transportation Services Community-based Supports and Services Neighbors and Community Members Businesses Outdoor Spaces; Buildings and Structures</p>
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- I. **Sprint Triathlon date – September 18th, 2021. Standard set as 3rd Saturday of September.** Information for training and registration form is on the website: www.adf-winnemucca.com
Alicia C. stated that she brought this event up at the Chamber Board meeting and they will support our endeavors to get more people involved.
- II. **Appreciation Wall – Are the bench and table installed? Photo op in March when new table and bench are installed.**
- III. **Year-end report for AARP is attached. Additions, corrections, suggestions.** AARP has approved this as our year-end-report. I will also send the national and state representatives a copy of our book which is through 2019 on Kindle Direct Publishing. Gini will get the 2020 report on this site as well.
- IV. **Community Garden update plans.** So far things are in the initial planning stages but hopefully by March there will be some clear steps forward. Gini will invite Jim McQuiriaga (spelling) and Teresa Mavity to attend our meeting and let us know where we can best help. We also hope to partner with the City, Nevada Goldmines, and Nevada Outdoor School in this work. ADF priorities include:
Paved walkway(s)
Raised garden beds
Power to the pavilion
New iron fencing
A special garden design by our Project Team
- V. **Guest speaker February 9th – April Hardenbol of Reno who cares for her father. Please invite friends and neighbors to this enlightening presentation.** This will be the same Zoom code: 353 064 2536 Password: Gini
8am February 9th. See below:
Gini Cunningham is inviting you to a scheduled Zoom meeting.

Topic: Gini Cunningham's Zoom Meeting

Time: Feb 9, 2021 08:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/3530642536?pwd=cUFoM3pYUG0rY3FMYTZxMTFtMUczZz09>

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- VI. New items.... Alicia H. provided an update on vaccinations. HGH will vaccinate employees. Others will be on-site or other locale determined by the outlet. Marsha Foreman is in charge of this. Pleasant Senior Center is taking names for vaccinations for those 75+ and will provide a drive-through clinic with parking available after the injection to be sure that there are no side effects. Other potential ADF plans include the Recreation Complex where we could work on the urban pond and amphitheater as well as continue expanding items at the Fitness Park. The City is looking at selling the property that has the Scout Hut on it. This would be an ideal spot for senior, affordable housing. Nevada Rural Housing is currently updating current senior housing.**

Next meetings:

February 9th with guest speaker April Hardenbol

March 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.