



Dementia Friendly Nevada (DFNV) Statewide Meeting

Tuesday, July 27, 2021 | 3:00 – 5:00 PM PST | Zoom Videoconference

In Attendance: Casey Acklin, Kristine Theurer, Barbara Payne, Cory Lutz, Kate Ingalsby, Charae Wamsley-Gipson, Tom Waters, Gini Cunningham, Cody Yamada, Mekai Smedley, Rose Meza, Riley Franco, Alex Crocket, Kat Harley

Co-Facilitators:

- Jennifer Carson, Director, Dementia Engagement, Education and Research (DEER) Program, UNR, and Program Director, DFNV
- Casey Acklin, Coordinator, DEER Program, UNR, and Program Coordinator, DFNV

Community Group Co-Facilitators:

- LeeAnn Mandarino, Kate Ingalsby, and Susan Hirsch, Cleveland Clinic Lou Ruvo Center for Brain Health, Dementia Friendly Southern Nevada Urban
- Tonya Brum, Nevada Rural Counties RSVP, Dementia Friendly Pahrump
- Carla Eben, Numaga Program, Pesa Soaname Advisory Group
- Gini Cunningham, Age- and Dementia-Friendly Winnemucca

Support:

- Michelle Harden, MPA, BOLD Public Health Program Coordinator, Population Health and Wellness, Nevada Division of Public and Behavioral Health
- Tessa Swigart, PhD, Public Health Communications Specialist, Nevada Public Health Training Center, UNR
- Mekai Smedley, DEER Program, UNR, and AmeriCorps VISTA for DFNV

Note: Please mute yourself when you are not speaking
and take personal breaks as needed.

* = Please see attachments that were sent with this agenda.

Dementia Friendly Nevada is supported through funding from the Nevada Aging and Disability Services Division and the Nevada Division of Public and Behavioral Health.

Meeting Agenda

1. **Welcome** (20 min)

- a. As members are logging onto Zoom, please use the 'Chat Box' feature, using a single entry (hitting "return" only at the very end), to share your:
 - Name
 - Role in supporting people living with dementia and/or family care partners
 - What is one song that you think everyone should listen to?
- b. Let's warm the soil and have some fun on Zoom!
- c. Review Dementia Friendly Nevada mission and meeting purpose
 - Mission: By working together, we aim to develop and promote communities that are **respectful, educated, supportive** and **inclusive** of persons *living* with dementia and their care partners.
- d. Review one Dementia Friendly Nevada Mobilizing Belief*
- e. **Mobilizing Belief #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.
 - Let's hear from 2 members about why this Mobilizing Belief is so important.

Kat Hartley: Community-based programs are so important. Her family supported her dad in moving to long-term care, but what he really needed as respite care. Alternative to long-term care are needed!

Kristine Theurer: Proactive is the most important word in that mobilizing belief. That's the ticket. Why wait until there are problems when we can prevent the problems in the first place!

2. **Quick updates:** In-person Community Group meetings

- a. The Dementia Friendly Nevada Champions Workgroup met to discuss re-launching in-person Community Group meetings, and decided to aim for a re-launch date of January, 2022.
- b. Meanwhile, the final remaining Dementia Friendly Nevada Community Group funds from our current grant will be used for outreach, marketing, and education through the Dementia Friendly Nevada website, social media, and local television stations and print publications.

3. **Learn: JAVAmusic and JAVAsocial** (60 min)

- a. Welcome Dr. Kristine Theurer, Founder and President of [Java Group Programs!](#)
 - Dr. Kristine Theurer has pioneered the use of standardized peer support and mentoring programs to address loneliness and social isolation among older adults. She is author of *'It Makes Life Worthwhile!' Peer Mentoring in Long-Term Care* in *Aging & Mental Health* and *The Need for a Social Revolution in Residential Care*, the most downloaded article in the *Journal of Aging Studies*. Dr. Theurer has received numerous research awards including Michael Smith Foundation for Health Research and the Social Sciences and Humanities Research Council of Canada. She serves on the planning committee for the Canadian national conference on culture change.

For detailed information on programs offered by Java Group Programs, visit their website at www.javagp.com.

- b. Java Group Programs and The NEST Collaborative are offering two online adaptations of the evidence-based Java Music Club program (which has

been used in multiple DFNV Community Groups) to Nevadans **for free!**

- **JAVAmusic*** is designed for older adults, and there is a group specifically for people living with dementia and care partners. The program uses music, quotes, and images to foster meaningful, community-building discussion to help alleviate loneliness and isolation.
 - Older adults: Mondays from 2:00 – 3:00 PM
 - People living with dementia and care partners: Tuesdays from 10:00 – 11:00 AM
 - a. For anyone who feels they are unable to participate fully independently, care partners are encouraged to join and participate as well!
- **JAVAsocial*** has all the fantastic discussion elements of JAVAmusic, but without the music. This group is for adults in Nevada living with a disability.

4. **Reflect** (10 min)

- a. In what ways would people living with dementia and care partners in the Nevada benefit from JAVAmusic? How might you see JAVAmusic adding to your life, or the lives of older adults who you know?

Due to time constraints, discussion centered around the question posed in agenda item 5.

5. **Strategize** (20 min)

- a. How can we best spread the word about JAVAmusic and JAVAsocial across the state?

The group agrees that a demonstration of the program would be very helpful. Kristine is willing to set this up for any organizations that are interested in learning more about JAVAmusic and JAVAsocial.

6. **Share** (10 min)

- a. Is there anything happening locally—or across the state or nation—that members of DFNV should know about and can possibly help promote?

Thank you for all that you do to make our communities and state dementia-friendly and inclusive!