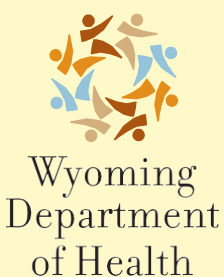




RESOURCE FAIR GUIDE

August 1, 2020



**LARAMIE COUNTY
COMMUNITY COLLEGE**
Cheyenne | Laramie | Online

Welcome!

Thank you for joining us for a day of online learning via Zoom about the newest dementia caregiving tips, along with updates on changes in laws and research. This guide also contains local resources for people living in Laramie County with Dementia and their caregivers. Please join me in thanking our planning committee, sponsors and presenters for this event.

To join the presentations please click on the links in the schedule and follow the Zoom prompts. This will log you into the Zoom/webinar presentation. A zoom account is not required to open the links. Please be sure to mute yourself during the presentations by clicking the mute button located in the right-hand corner of your zoom screen. This will ensure background noises will not disrupt your fellow participants. If you experience a delay in the zoom feed, turning off your camera can assist to make the program run faster. During the keynote presentations of today's event the question and answer function has been disabled. If you have a question for our keynote presenters please send them an email asking your questions. They will respond at a later time. Email addresses for presenters can be found in their included bios. All presentations will be recorded and emailed along with an event survey to registered participants next week.

A big thank you to Active Minds, soon to become Relish, who have donated door prizes to our event. We will hold a drawing for those door prizes using the names of registered participants. The prizes will be mailed directly to the address that was provided at the time of registration.

Thank you for participating in our event.

Planning Committee:

Maryellen Tast	Laramie County Community College
Janet Lewis	Alzheimer Association
Anne Aquin	Alzheimer Association Volunteer
Jeff Clark	Wyoming Department of Health
Jeanne Scheneman	Wyoming Department of Health
Charlie Simineo	Laramie County Community College
Christie Goertel	Laramie County Community College

Dementia Resource Fair Presenter Schedule

MORNING					
09:00-09:50	Types of Dementia & Diagnosis (keynote) <i>Presenter: Dr. Cara Johnson</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/95342031677?pwd=clhKbkJVdmxEZFbXEcwb25aMWprUT09 Password: 512336				
09:50-10:00	BREAK				
	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
10:00-10:50	What is Dementia? <i>Presenter: Dr. Tracie Caller</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/93137749145?pwd=RWZtN2Q5RmJOeE5ocUUzeXNKaC9Rdz09 Meeting ID: 931 3774 9145 Password: 227320	Standing Guard: Protect What You've Worked For (financial matters) <i>Presenter: Natalie Collins</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/97848814794?pwd=YUo1T25GRkdMSHM5TEt0UjhkTmx4UT09 Meeting ID: 978 4881 4794 Password: 701467			Dementia-Related Behaviors <i>Presenter: Natalie Cheevers, RN</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/91561735838?pwd=VE51OW9hazlpaEE2dG14dDNCa21Ddz09 Meeting ID: 915 6173 5838 Password: 870252
10:50-11:00	BREAK				
11:00-11:50		Medicare, Medicaid & Long Term Care Payment Issues <i>Presenter: Charlie Simineo</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/98516527218?pwd=Z3MydDMYQ3ZEeGIXdDRaTU11NkZpZz09 Meeting ID: 985 1652 7218 Password: 858419	Wandering Solutions <i>Presenter: Donald Heiduck</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/92038286209?pwd=NnZDcEl1QU1OSm5icnlne mhEZIE1UT09 Meeting ID: 920 3828 6209 Passcode: 217771		
12:00-12:30	LUNCH BREAK				

AFTERNOON					
12:30-01:20	Off&Running: The Care Partner's Motto (keynote) <i>Presenter: Carol Taylor, MSW, LCSW</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/98806091935?pwd=RTFIS3M1L2czUUJxdEo1b2pGSFBPUT09 Password: 935151				
01:20-01:30	BREAK				
	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
01:30-02:20	Advancing the Science: the Latest in Alzheimer's & Dementia Research <i>Presenter: Jim Herlihy</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/98260368133?pwd=QmdsdUtLbjlxUjV2Tm1rS2lhcVNoZz09 Meeting ID: 982 6036 8133 Password: 586040	Nutrition for those Living with Dementia <i>Presenter: Anna Hambright, MS, RD, LD</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/93419418513?pwd=ZktnWWoxbFVnUzVONHJKQ1BjU3l1QT09 Meeting ID: 934 1941 8513 Password: 106859		Public Policy & Alzheimer's Caregivers <i>Presenter: Ramsey Scott</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/98300433060?pwd=NVhKU5qTzJPMUxha0w3azdTQT09 Meeting ID: 983 0043 3060 Password: 414928	What is PACE? <i>Presenter: Alicia MacArthur, LCSW</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/99681932193?pwd=UTVGWVo0c0h2TXpZczdWWUVDsUdoQT09 Meeting ID: 996 8193 2193 Password: 048600
02:20-02:30	BREAK				
02:30-03:30	Department of Health Resource Panel <i>Presenter: Jeff Clark (organizer)</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/99470044875?pwd=T2t6eHJGcXZTU3o3Y055Nng1V1d0dz09 Password: 451734	Tips for Successful Communication with Your Loved One <i>Presenter: Carol Taylor, MSW, LCSW</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/92110916001?pwd=VkrZThYeHdlQlVrZFRMNEwxMHphQT09 Meeting ID: 921 1091 6001 Password: 520052	Supportive & Hospice Care: How and When We Can Help <i>Presenter: Amy Shaw, PA</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/94101230477?pwd=WGtNS09WK3Y5L2VpT3FPQzcL2s4dz09 Meeting ID: 941 0123 0477 Password: 079204		LTC: What are my options & When is it time? <i>Presenter: Jillian Pannell</i> Join Zoom Meeting https://lccc-wy.zoom.us/j/96928101739?pwd=Y0xaV1VQbjk5aE1kaVBXdUJxZzF0FUT09 Meeting ID: 969 2810 1739 Password: 170191

CARING FOR YOURSELF

Carol Taylor, LCSW

August 1, 2020

Dementia Resource Fair

The following suggestions may offer some ways to better care for yourself while caring for your loved one.

❖ GIVE YOURSELF PERMISSION TO BE HUMAN

It's OK to feel frustrated, angry or hurt sometimes. These are normal feelings. And you may lose your patience or not handle situations as well as you think you should. Being a care partner is hard work and can feel very lonely or stressful.

What you can do –

Identify why you are feeling frustrated or angry or hurt, step outside and take a few deep breaths, consider visiting with a counselor, write your feelings in a journal, find something to laugh about, listen to music you enjoy, talk to an understanding friend or family member, pet the dog or cat, call your clergy. Take a break - even if it's just for 10 minutes.

❖ UNDERSTAND YOURSELF AND YOUR NEEDS

Self-knowledge can be your best defense against burnout. Know what your physical, emotional and spiritual needs are and how you can get them met.

What you can do –

Make a list of what you need physically – a good breakfast, exercise everyday, a massage or to be touched, a warm bath, daily medications, getting your hair or nails done at a salon, an afternoon nap, chatting with a friend, etc. Next, do the same with your emotional and spiritual needs. Keep these lists handy and be sure to get at least some needs met each day. Review the list occasionally and add to it with new ideas. Perhaps you need to connect with your loved one outside of the care partner role – share an experience, reminisce, laugh, touch, cry or just sit quietly together.

❖ IDENTIFY ACTIVITIES THAT HELP YOU TO FEEL BETTER

Knowing your needs is helpful but knowing what helps you feel better when you're down, tired, or hopeless is essential. During those times, it may be hard to recall anything that is positive or hopeful so thinking about it ahead of time is a good practice.

What you can do –

Make a list of those things that have helped you in the past. Perhaps it's a bouquet of fresh flowers, a brisk walk, talking to your clergy, reading a magazine, watching a favorite TV show or movie, calling an old friend, walking the dog, visiting with a close family member, reading poetry, scheduling some respite hours or time off for yourself, looking at photo albums and scrapbooks, sitting quietly with your loved one and sharing a memory, prayer or meditation, a bowl of your favorite ice cream, sitting on the front porch or back deck, riding the exercise bike, writing in a journal or diary, working on a hobby, gardening, bird watching. Keep the list posted where you can see it daily.

❖ CRAFT YOUR DAYS, MANAGE YOUR TIME, ASSIGN PRIORITIES

Your time is precious and limited. Planning and prioritizing can often help you get things accomplished with less stress, fewer crises and greater satisfaction.

What you can do –

Set realistic goals and steps to reach them. For example, you may want to go to a friend's birthday luncheon in 2 weeks. List the things that need to be in place for you to do so – respite care, transportation, time to shop for a card, etc. Another good time management activity is to take just one day and look at how you spend your time – jot down what you do and when. As you re-read your list, see if there are ways you could save time and energy for yourself by combining activities, delegating something to another person, prioritizing what needs to be done now and what can wait, or asking for help with certain tasks.

❖ CELEBRATE YOUR ACCOMPLISHMENTS !!

Acknowledge and reward yourself for reaching goals, completing projects or looking back over a "good" day. Pamper yourself, toot your own horn, schedule an extra respite day, go out to dinner with friends, buy a new sweater. Celebrate you – you're worth it !!

ABOUT THE PRESENTERS:

Dr. Tracie Caller MD, MPH

Email: Tracie.Caller@crmcwy.org

Dr. Caller is a Wyoming native, coming to Cheyenne from her home town of Rock Springs, Wyoming. She has worked with the Cheyenne Regional Medical Group at the Medical Specialty Clinic Neurology since 2014. Dr. Caller's research interests focus on identifying environmental risk factors related to the development of neurodegenerative diseases such as ALS (Lou Gehrig's Disease). Dr. Caller's clinical interests include Alzheimer's disease, Parkinson's disease, ALS, and epilepsy with a focus on wellness and prevention.

Presentation Topic: What is Dementia?

An overview of dementia, and different ways different types of dementia present.

Natalie Cheevers, RN – Cheyenne Regional Medical Center (CRMC)

Email: aceves.natalie@gmail.com

Formerly a nurse at Primrose Retirement Community in Cheyenne, Natalie Cheevers is currently an RN at Cheyenne Regional Medical Center. She received her BSN from the University of Wyoming where she was part of the Aspire to Geriatrics program. She currently volunteers for the Wyoming Chapter of the Alzheimer's Association as a Community Educator and Support Group Facilitator. In 2017, Natalie was named Cheyenne's Caregiver of the Year.

Presentation Topic: Dementia related behaviors

An overview of behaviors related to dementia.

Natalie Collins, Financial Advisor- Edward Jones

Natalie.Collins@edwardjones.com

Natalie Collins is a financial advisor at Edward Jones. Natalie seeks to understand what is important to people, use an established process to help people achieve their goals, and partner with them throughout their life to help keep them on track. Natalie has a background in engineering and previously worked in the oil & gas industry for 12 years and in STEM education for 4 years. She and her husband, James, have 3 beautiful children together and an Australian Shepherd named Sonny.

Presentation Topic: Standing Guard: Protect What You've Worked For

This presentation shares strategies designed to help guard valuable assets and protect pre- and post-retirement income. We will discuss the impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/LTC protection, and healthcare cost concerns.

Kelly S. Davis, Attorney at Law - Davis, Johnson & Kallal, LLC

Email: kelly@djkwylaw.com

KELLY S. DAVIS is an elder law attorney who represents seniors and disabled clients statewide from his office in Cheyenne. The founding member of the law firm of Davis, Johnson & Kallal, LLC, Kelly's practice focuses on trust and estate planning, probate, Medicaid planning and elder law. With over forty years' experience handling legal issues that concern our aging population, the disabled and their families, Kelly is a frequent lecturer regarding Medicaid, special needs trusts, and working with diminished capacity clients. He is a Past Chairman of the Wyoming State Bar Estate Planning, Elder Law, Trust and Probate Section and served on the Board of Directors of the Wyoming Guardianship Corporation for over eleven years. He is a 23-year member of the National Academy of Elder Law Attorneys, and is a charter member of the Academy of Special Needs Planners. Kelly served on the Governor's Elder and Vulnerable Adults Task Force and was instrumental in the adoption of the Uniform Power of Attorney Act to address elder abuse and exploitation in Wyoming. Kelly earned his B.A. degree from the University of Oklahoma in 1976 and his J.D. in 1979 from the University of Wyoming.

Presentation Topic: *Is Your Estate Plan Up to Date?*

As we age, answering the questions of who will handle our affairs if we are no longer able and who will inherit from you increase in importance. If you do nothing then the state legislature and courts make the decisions. That may not be what you want, and your family may fight. Estate planning can be confusing. Do you need a Will or is a Living Trust right for you? What are Powers of Attorney and how do they work? Can you write your own estate planning documents? Should you? Find answers in this program entitled "Is Your Estate Plan Up to Date?"

Anna Hambright, MS, RD, LD , Lead Outpatient Dietitian – Cheyenne Regional Medical Center (CRMC)

Email: anna.hambright@crmcwy.org

Anna has worked at Cheyenne Regional for the past 7 years and is currently the Lead Outpatient Dietitian. In addition to her role in the Outpatient Nutrition Center, Anna serves as the Registered Dietitian for Wyoming PACE (Program for the All-Inclusive Care for the Elderly). When not working, Anna enjoys hiking with her husband and their two dogs.

Presentation Topic: *Nutrition for those Living with Dementia*

Reviewing the MIND diet – the Mediterranean-DASH Intervention for Neurodegenerative Delay diet which has scientifically shown to slow cognitive decline. In addition to reviewing the principles of the MIND diet, Anna will review tips for incorporating the specific elements of the diet into your daily life.

Jim Herlihy, Senior Director of Marketing & Communications - Alzheimer's Association

Email: jherlihy@alz.org

Based in Denver, Jim has managed marketing and communications for the Alzheimer's Association in the Rocky Mountain region for the past 4 years. A former newspaper reporter, he has served as chief communications officer for a \$10 billion global food company, an international trade association and a leading university, and has led communications teams for several global public relations firms. He believes that communicating the crisis of Alzheimer's disease, as well as the medical and financial challenges it poses, is a critical and timely communications opportunity.

Presentation Topic: Advancing the Science: The Latest in Alzheimer's & Dementia Research

This presentation will provide an overview of Alzheimer's disease and dementia, risk factors for the disease, and a look at some current research. It also will look at the Alzheimer's Association's role in the global effort to find a cure.

Keynote Morning Presentation: Dr. Cara Johnson, MD.- Geriatrician- Cheyenne Regional Medical Center (CRMC)

Cara.Johnson@crmcwy.org

Born and raised in Wyoming, Dr Johnson was drawn to work with older adults years ago when working as a home health aide. She attended Western University of Health Sciences in Pomona, California, completed a Family Medicine residence with the University of Wyoming, and a Geriatric Medicine fellowship with Banner health in Sun City, Arizona. She returned to Wyoming as the third fellowship trained geriatrician in the state, and has been working in Cheyenne ever since. She has a geriatric medicine clinic, and also teaches the WWAMI medical students and residents with the University of Wyoming as an adjunct professor of medicine

Presentation Topic: Types of Dementia and Diagnosis

Dementia can take many different forms, but we are generally familiar with Alzheimer's alone. This talk will be an overview as to the different types of dementia so the participant will have more knowledge as to the different subtypes and what issues are related to each one

Alicia MacArthur, LCSW, Intake Coordinator- Wyoming PACE

Email: Alicia.MacArthur@crmcwy.org

Alicia is a Social Worker and has been working with older adults for almost 20 years. She has been a part of the PACE program for 8 years, even before it opened its doors. Her first job out of college in upstate New York was a PACE program. Alicia feels privileged to work with such a wonderful program that serves our community.

Presentation Topic: *What is PACE? How Does PACE Support Those Living with Dementia and Their Caregivers?*

I will provide a general overview of the PACE program, the Program of All-Inclusive Care for the Elderly. I will provide examples of what a “typical” day looks like for a PACE participant as well as for the caregiver. I will provide an overview of how PACE provides a centralized managed care approach that puts the participant at the center of their care.

Jillian Pannell, BSHA, Regional Care Coordinator - CaringEdge Outpatient Therapy

Email: Jillian.Pannell@caringedge.com

A Cheyenne native, Jillian has worked in Long Term Care for the last 12 years. She started as a Certified Nursing Assistant and Ophthalmic Technician. After graduating with a Bachelor of Science in Health Administration she became the Marketing/Admissions Director in an Assisted Living Facility. She currently works as the Regional Care Coordinator for CaringEdge Outpatient Therapy. Jillian is passionate about connecting the elderly and their loved ones to the resources they need in order for them to thrive, not just survive. She loves to spend time with her family, garden, and exercise (for brain health of course).

Presentation Topic: *Long Term Care: What are my Options and When is it time?*

Find out about the different types of long-term care solutions in Wyoming and discover new resources. Discuss typical concerns we have as we age and learn about potential solutions. Find out which services or living situations might be best for you or your loved one.

Ramsey Scott, Public Policy Manager - Alzheimer Association

Email: rpscott@alz.org

Ramsey Scott is a former newspaper reporter covering politics, health care and public policy in Colorado and Wyoming, most recently at the Wyoming Tribune Eagle. He left journalism in 2019 to join the Alzheimer's Association in large part to help advocate for dementia caregivers like his mother and uncle.

Presentation Topic: *Public Policy and Alzheimer's Caregivers*

This presentation will focus on the intersection of public policy and dementia caregivers and how caregivers can be a powerful voice in advocating for those living with Alzheimer's. Caregivers have multiple avenues on how best to advocate for their loved ones and for caregivers like themselves and Ramsey will help guide attendees to the right path for them.

Amy Shaw, PA., Supportive and Hospice Care - Cheyenne Regional Medical Center (CRMC)

Email: Amy.Shaw@crmcwy.org

Amy is a Supportive and Hospice Care provider at Cheyenne Regional Medical Center (CRMC). She has a bachelor's degree in Psychology from Emory University and received her Master of Physician Assistant Studies from Chatham University. Her work supports patients and families living with chronic or life-threatening disease. She has a special interest in dementia care and has been instrumental in helping CRMC bring the UCLA Dementia Care Program to Laramie County.

Presentation Topic: *Supportive & Hospice Care: How and When We Can Help*

Caring for a loved one with dementia can be especially challenging as the landscape of symptoms changes over time. We will learn about how and when Supportive and Hospice Care can help families navigate this difficult journey and what to expect along the way. We will also learn about the new Alzheimer's and Dementia Care Program offered by Cheyenne Regional Medical Center and available to Laramie County residents.

Charlie Simineo, Laramie County Community College Adjunct Instructor

Email: csimineo@gmail.com

Charlie has an Insurance Consultants license and has worked with Medicare and Medicaid issues for over 40 years. He is an adjunct faculty staff member at Laramie County Community College teaching on Medicare. In the past he worked for Wyoming Department of Health in both Health Facilities Licensing and in Medicaid. He also worked with NE Health and Human Services with responsibilities surrounding Medicaid. Additionally, Charlie worked for the Alzheimer's Association, Wyoming Senior Citizens and Wyoming Guardianship Corporation.

Presentation Topic: *Medicare, Medicaid and Long-Term Care Payment Issues*

This presentation will provide information on who pays for what when a person has dementia. Will Medicare pay? Will my Medicaid pay? Will Medicaid pay? Do I need to have long term care insurance? How do I know if my long-term care insurance policy will pay or what will it pay for? How can I become eligible for Medicaid? Do my parents need to divorce for one of them to be eligible for Medicaid? These types of questions will be answered.

Carol Taylor, LCSW / Elder Care Advisors

Email: caroltaylor58@hotmail.com

Carol is a medical and geriatric social worker specializing in moderate to advance dementia care, family dynamics, and accessing resources. She has worked for over 35 years as a social worker and educator.

Keynote Lunch Presentation: *Off & Running: The Care Partner's Motto*

Every day for care partners is filled with the predictable, the unexpected and the unbelievable. Together we will identify support strategies and self-care techniques you can use every day.

Presentation Topic: *Techniques for Successful Communication with Your Loved One*

Communication can be frustrating, challenging and seemingly impossible. We will identify and share creative ways you can experience positive, successful exchanges with your loved one.

RESOURCES

AARP Wyoming

AARP is a member organization with over 85,000 members throughout Wyoming. For over 60 years, AARP has focused on upending negative aging stereotypes, developing innovative products and services, and widening opportunities at every age. Each day, we build on our history of solutions to fight for and equip each individual to live their best life.

Who is eligible for your services? Individuals aged 50 and over.

<https://states.aarp.org/wyoming/> | Facebook: AARPLY

Contact: Tanya Johnson | 307-432-5810 | tajohnson@aarp.org

1800 Carey Avenue 4th Floor, Cheyenne WY 82001 |

Office Hours: 8:00am-5:00pm Monday-Friday

Alzheimer's Association - Wyoming Chapter

The Alzheimer's Association provides a variety of services, all at no cost. Services include caregiver support groups; education for community groups, faith-based organizations and businesses; education for the general public; individualized care consultations for those living with dementia and their loved ones; 24/7 Helpline: 800.272.3900

Who is eligible for your services? Everyone

National website: alz.org | Local website: alz.org/Wyoming | Facebook: Alzheimer's Association: Wyoming Chapter

Contact: Janet Lewis | 307/287-6569 | jlewis@alz.org

Office Hours: 8:30 a.m. - 4:30 p.m. Monday-Friday

Home Instead Senior Care of Wyoming

In-Home, Non-Medical care services for Wyoming Seniors living in Laramie, Albany, Natrona and Converse Counties. This includes companionship, meal preparation and encouragement, light housekeeping, medication assistance, and incidental transportation. In addition, we aid with activities of daily living such as standby assistance, dressing, bathing, incontinence care, toileting, transferring, walking, and exercise.

Who is eligible for your services? Anyone in need. Generally, we are a private pay organization, however, we do have a number of clients who are able to use their long-term Care policy to help pay for care.

www.homeinstead.com/wyo

Contact: Bob Maguire, Owner | 307-778-6644 | bob.maguire@homeinstead.com

307 E. 18th Street, Cheyenne, WY. 82001 or 940 E. 3rd Street, Casper, WY. 82601

Office Hours: 7:00am – 5:00pm Monday-Friday. We are a 24-hour service and we answer with a live voice at all hours

Laramie County Senior Activity Center

Senior Center serving those 60+ years and older, and some younger. We provide a nutrition program, Senior Services (activities) and a Caregiver Program, with a loan closet.

Who is eligible for your services? Seniors 60+ years of age and older and those younger that live in one of Cheyenne Housing Authorities apartments (younger disabled population).

<https://www.cheyennehousing.org> | Facebook: Laramie County Senior Services

Contact: Erin LeBlanc, Director | lcseleblanc@vcn.com

Office Hours: 8:00am - 4:00pm Monday -Friday and 10:00am-12:30pm Saturday and Sunday

Meals on Wheels of Cheyenne

Meal delivery to the frail, at risk home bound, elderly, disabled, and convalescing clients.

Who is eligible for your services? To qualify the minimum age requirement is 60-years old. We have private pay, community choice waiver, PACE and a sliding scale system to assist with those who may need it.

<https://mealsonwheelsofcheyenne.com/> | Mealsonwheelsamerica.org | Facebook: Meals on Wheels

Contact: Von Roseberry | 307-635-5542 | VRoseberry@mealsonwheelsofcheyennewy.com
|2015 South Greeley Highway, Cheyenne, WY

Office Hours: 6:30am-2:30pm Monday-Friday

Pine Bluffs Senior Citizens, Inc,

Senior services, nutrition, outreach and transportation

Who is eligible for your services? Senior citizens, their families and caregivers

www.facebook.com/pinebluffsseniorcenter

Contact: Alisha Michaud | 307-245-3816 | pbcitizens@rtconnect.net | 309 Elm Street, PO Box 532, Pine Bluffs, WY 82082

Office Hours: 8:00am – 2:00pm Monday-Friday| Subject to change during current pandemic

Wyoming Center on Aging

Our Mission: The mission of the Wyoming Center on Aging is to optimize the health and well-being of Wyoming's older residents and their caregivers through interagency partnerships, basic and applied research, community education, and clinical training and services. **Our Vision:** The Wyoming Center on Aging is a visionary and innovative collaboration that proactively responds to the needs of older Wyoming residents while harnessing the strengths of our communities and honoring the legacy of our elders. Wyoming is one of the most rapidly aging states, and by 2030 is projected to be the state with the highest concentration of individuals over 85. The benefits of a Center on Aging include connecting Wyoming residents, researchers, service providers, and educators, as well as fostering innovative aging research,

training health care providers, disseminating evidence-based practices, and serving as a resource for older adults and their family caregivers.

Who is eligible for your services? Healthcare Professionals, faculty, older adults and caregiver and family, students and general public. Please see flier at the end of resource guide for more detail.

<http://www.uwyo.edu/wycoa/> | Facebook and Instagram

Contact: Jenny Wolf, wycoa@uwyo.edu

Email: wycoa@uwyo.edu | (307) 766-2829

Office Hours: 8:00am-5:00pm Monday-Friday

Wyoming PACE - Program of All-Inclusive Care for the Elderly

Programs of All-Inclusive Care for the Elderly (PACE) is a Medicare and Medicaid (or private pay) program that helps people meet their health care needs in the community instead of going to a nursing home or other care facility. With PACE, you have a team of health care professionals working with you and your family to make sure you get the coordinated care you need. Usually they care for a small number of people, so they really get to know you. Wyoming PACE provides care and services in the home, the community, and the PACE center. They have contracts with many specialists and other providers in the community to make sure that you get the care you need. Many people in PACE get most of their care from staff employed by the PACE organization in the PACE center. WY PACE meets state and federal safety requirements. PACE provides a wide array of services authorized by your PACE health care team. If your health care team decides you need care and services that Medicare and Medicaid doesn't cover, PACE may still cover them. Some of the services PACE covers: Adult day primary care (including doctor and recreational therapy nursing services), Dentistry, Emergency services, Home care, Hospital care, Laboratory/x-ray services, Meals, Medical specialty services, Nursing home care, Nutritional counseling, Occupational therapy, Physical therapy, Prescription drugs, Preventive care, Social services, including caregiver training, support groups, and respite care, Social work counseling, Transportation to the PACE center for activities and ALL medical appointments.

Who is eligible for your services? You can have either Medicare or Medicaid, or both, to join PACE. There is also a private pay option to enroll in PACE as well. To qualify for PACE, you must: Be 55 or older, live in Laramie county, require a nursing home-level of care (as certified by the state of WY LT101 assessment) and be able to live safely in the community with help from PACE.

www.cheyenneregional.org/location/wyoming-pace/ and www.npaonline.org

Contact: Alicia MacArthur, WY PACE Intake Coordinator | 1200 E. 20th St. Cheyenne, WY 82001 | 307-773-8129 | alicia.macarthur@crmcwy.org

Office Hours: Monday-Friday 8:00am-5:00pm. We have an on-call nurse available 24 hours a day.



Active Minds®

Activities For People With Dementia & Alzheimers

Since 2010 Active Minds have been researching and developing activities to improve the quality of life for people living with dementia. Our mission is and will continue to be, to create positive, mindfully designed, person-centred activity products and games to help people lead active lives.



Is Becoming:

relish.

Bringing joy to life with dementia

Visit us at:

www.active-minds.org

