



2024 Dementia Friendly Changemaker Statewide Summit

10/7/2024

Meet Our Host, Darryl Sellers

I'm a public, media, community relations and communications professional who has 15+ years of experience. I worked as a Television Anchor/Reporter for seven years in Minnesota and Michigan.

I'm the **Director of Public Relations for Carepool**, a ride services company specializing in providing rides to aging individuals and people with disabilities. Our mission, to make transportation accessible for all!

I've worked in healthcare/positive societal changes campaigns including with Hennepin Healthcare and teaming up for a three-year stint with the Biden-Harris Administration's for the **"We Can Do This" COVID-19 Campaign**.

I've earned a Master of Arts in Journalism from **USC's Annenberg School** which included an internship in **South Africa**, many stops during this six-week experience.

My other world travel includes two trips to **Ethiopia** where my wife Rebecca and I adopted our daughter, Layla.

I'm a fitness junkie, teaching Zumba Fitness classes! I love staying active, meeting people, dancing, and trips to our family's cabin on **the North Shore**.

I'm excited to Emcee today's **Dementia Statewide Summit**. Speakers, panelists and I can share our stories and information that will help bring awareness and the spirit of support for caregivers and families.





Thank you, sponsors!





Colleen Fritsch

Dementia Friends
Minnesota
Lead Trainer

A decorative background featuring a stylized, repeating pattern of light blue leaves or petals on a darker blue background. The pattern is centered and extends across the entire frame.

Keynote Speaker



Julia Hotz

Author of
The Connection Cure



Q & A



The background is a solid green color. On the right side, there is a stylized graphic of a plant stem and leaves. The stem is a thick, rounded horizontal bar at the bottom, with a vertical stem extending upwards from its center. Two large, rounded leaves are positioned above the stem, one on the left and one on the right, both pointing towards the center. The leaves and stem are a lighter shade of green than the background.

Statewide Showcase



Mankato & North Mankato

Dementia Friendly Changemaker Summit

October 4, 2024

ACT on Alzheimer's model

- ▶ Used the ACT on Alzheimer's Dementia-Friendly Communities Toolkit.
- ▶ Four phases to guide community in adopting dementia-friendly practices.
1. Convene. 2. Assess. 3. Analyze. 4. ACT Together.
 - ▶ Convened in August 2014. Local agency received first phase of funding.
 - ▶ Assessed & Analyzed from October 2014-February 2015.
 - ▶ Ranked and Set Priority Goals after community meeting.
 - ▶ Actions started in May 2015 with a completion date of December 2015.
Second phase of funding received.
- ▶ Funding ended. Found a fiscal sponsor and continued as a volunteer-driven action team.

Priority Goals

- ▶ Create awareness of local and statewide resources and offer education.
- ▶ Create meaningful engagement opportunities, in the community, designed for people living with Alzheimer's and related dementias, to share with family and friends, *with a focus on the arts.*

Priority Goal One

- ▶ Create & Maintain a *Resource Guide for Alzheimer's & Related Dementias*
- ▶ Provide Education
 - ▶ Host the Alzheimer's Association *Get the Facts* education series.
 - ▶ Support Faith Communities with Dementia Friendly training & resources.
 - ▶ Offer *Dementia Friendly @ Work* to local business and service organizations.
 - ▶ Present the Alzheimer's Association First Responder training.
 - ▶ Organize professional education for health care providers.

SPOTLIGHT

- ▶ Team members trained on Alzheimer's Association presentations.
- ▶ Offer *Dementia Friends Minnesota*

Priority Goal Two

- ▶ Create meaningful engagement opportunities
 - ▶ In the community
 - ▶ Focus on the arts
 - ▶ Shared experiences



Singing Hills Chorus

TimeSlips™

CONNECTING THROUGH CREATIVITY

Rhythmic Times



2020-current

- ▶ Maintained Singing Hills Chorus
- ▶ Everything else was put on hold
- ▶ Regrouped in June 2022 to assess interest, capacity of Action Team
- ▶ Researched programs on the horizon in 2020
- ▶ Brought on a team coordinator
- ▶ Agreed Priority Goals were still relevant
- ▶ Created an 18-month work plan, January 2023-June 2024
- ▶ Created a second 18-month work plan, July 2024-December 2025

Why this works for our community

- ▶ Great group of volunteers
 - ▶ Passionate about purpose and serving community, professional
- ▶ Strong leadership & administrative support
- ▶ MSU-Mankato, College of Allied Health & Nursing partnership
- ▶ Flexible, realistic, creative
- ▶ Fiscal sponsorship
- ▶ Sustaining the chorus proved we could sustain other programs
- ▶ Programs available to implement
- ▶ Implement our own offerings, ex. Nun Study event
- ▶ Modest but successful fundraising

Challenges

- ▶ Stigma about the disease
- ▶ Hard to connect with healthcare providers
- ▶ So many needs and interests
- ▶ Funding



“I have Alzheimer's...
but I can still sing!”

Singing Hills Member

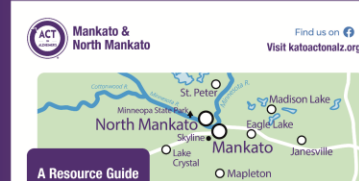
THANK YOU!

Follow on Facebook
katoactonalz.org
singinghillschorus.org
Chorus YouTube channel

Download A Resource Guide for Alzheimer's Disease & Related Dementias



Mankato &
North Mankato



**A Resource Guide
for Alzheimer's
Disease &
Related Dementias**

This guide provides an overview and contact information for local and statewide resources, such as transportation, support groups, meal services and long-term care providers.



CAREGIVER CONSULTATIONS & COACHING

Alzheimer's Association
Care Consultation is an opportunity to receive education about the diagnosis, learn how to make decisions about care, and develop plans on how to live a full life with dementia. This is an in-depth, personalized service. Care Consultation is available via phone and ask to speak to a Care Consultant, Alzheimer's Association 800 AD Caregiver (800) 272-3900 alz.org/consult

VINE Faith in Action
Professional staff from VINE are trained to provide counseling coaching to family and friends. The goals of coaching are to improve knowledge, technique and support systems so caregivers can do the best possible job in providing care.
(801) 367-1666
vinecare.org

About Mankato & North Mankato ACT on Alzheimer's

ACT on Alzheimer's is a Minnesota initiative designed to prepare communities to support individuals living with Alzheimer's disease and related dementias and their care partners. Mankato and North Mankato became an ACT on Alzheimer's community in 2014 and is led by a group of volunteers that make up an Action Team. We are committed to creating a dementia-friendly community that is respectful, safe, informed and engaging.

Get Involved
Interested parties are welcome to join the team at any time. Bring your ideas and help implement our various initiatives. Email katoactonalz@gmail.com for more information.



Elder Network

*—helping seniors and caregivers
for 36 years.*

Our mission:

Those 55 and better and their caregivers have the opportunity to thrive and lead rewarding lives

Presented by: Kathy Scheid

Executive Director





ELDER NETWORK

Elder Network Programs

Serving those 55 and better and their caregivers

- Friendly Visitor
- Technology Assistance Program
- PEARLs-Mental Wellness
- Education & Support Groups
- Senior Advocate in Olmsted County
- Transportation in Olmsted County
- Caregiver Support
- Caregiver Respite & Companion Services

Dementia Friends with the Federal Medical
Center in Rochester MN





FamilyMeans

CAREGIVING & AGING

**Nature to Nurture: Using the Natural World in Your
Dementia Programming**

October 4, 2024

Why Use Nature Experiences in Dementia Programs?

**Nature is a part of many people's
memories in Minnesota &**

Wisconsin:

- **Cabin life**
- **Hunting & Fishing**
- **Vacations up north**
- **Growing up in rural areas**
- **Reverence for natural spaces**



Created Respite Program in 2020

Community Connection Respite Program goal:



To bring purpose, joy and new opportunities to those in early-stage dementia and to engage them in the community.

Focus on being outdoors, active, creative and helpful



What we heard from our participants and caregivers...

This is wonderful!

Reason we explored idea of more nature-based dementia programming:

Participants & caregivers kept mentioning on evaluations

Rich reminiscing sessions about nature with group



Health benefits of Being in Nature

- Regulate nervous system, which in turn strengthens immune system
- Positive cardiovascular effects have been demonstrated
- Lift one's mood
- Reduce anxiety
- Encourage feelings of joy
- Improve overall well-being

Forest Bathing: Ideal for an Older Population (as aging.org)



Why Nature & Art as a focus?

- Using multiple senses: vision, hearing, touch, scent, tactile
- Using procedural memory to perform tasks, or learn new tasks
- Recalling memories of the distant past
- Sensing emotions of others
- Finding new ways to communicate
- Exploring imagination and creativity
- Using wisdom built up throughout life



History & Partnerships

Community Connection & Nature

CC Program seeks community partnerships:

Washington County Park System

Belwin Conservancy

- Already serving students of St. Paul Public Schools
- Has adaptive teaching naturalist on staff
- Mission to make nature accessible
- Accessible trails and building new learning center





“It's a chance for the participants to
"go back in their brains and
grab hold of something that was
really important to them.
For the short time they're with us,
and depending on the stage of the
disease they are at, they can hang
onto that a little bit longer,”

Lynette Anderson

Belwin's interpretive naturalist and
restoration specialist.



Our Current Nature Programming

Seasonal Touchstones

Belwin Naturalist, Lynette Anderson, comes to FamilyMeans to give hands on education about seasonal changes.



Nature Memories & Open House

Month long nature immersion in July

- Blends nature education & time in nature for 4 weeks at Belwin
- Art activities related to nature- Clay, poetry, music
- Community event at end to bring in families, neighbors, friends, caregivers
- Encouragement to do more in nature!





Feelings Awakened

Serene, casual, unfussy;
powerful, bulky, ugly.
I don't want to come face to face
with a bison.

Such heavy creatures—
How are they silent?
They smell like something in my
bedroom: real.

The bison was important.
They were a community, moving
together—
a family. A hierarchy. #82.

I have a major appreciation for
being in the prairie or open spaces.
The clouds! Immense sky.

Wildflowers, coneflowers,
clover, bees.
Intense concentration,
more than I ever imagined.

Jawbone like a Viking ship.
All the plants and flowers
with different scents for signaling.
Bees buzzing. Birds riding
the backs of the bison.

Tall grass swaying, everybody
swaying,
raucous, sunstruck.
They gathered and moved,
swishing tails hitting their backs
to get the bugs off.

By the Poets of FamilyMeans, July 16, 2024



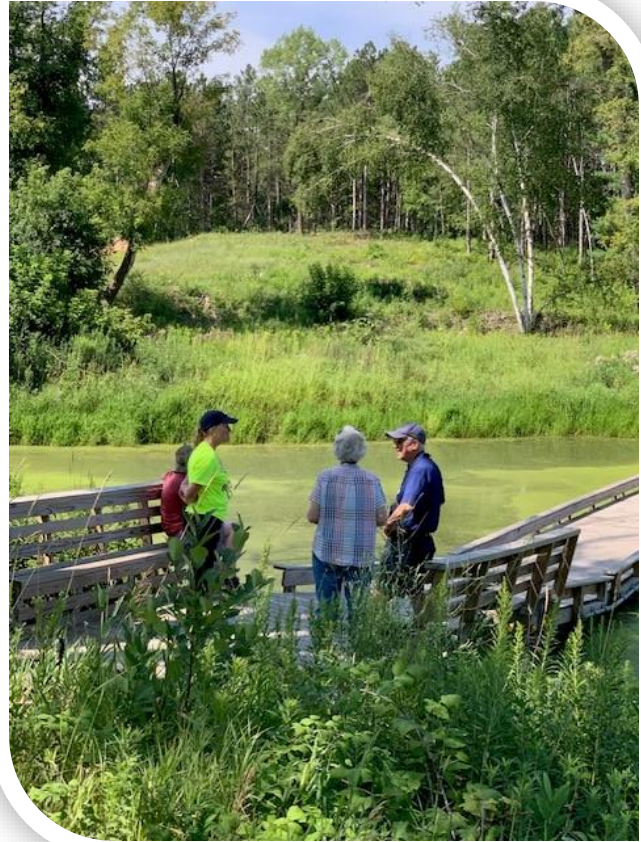
Nature Memories Open House



A Pop of Color: Lynette's World

Vining vetch
The sweet smell of butterfly weed
Water meal, the smallest plant in Minnesota
The extravagant beauty
Clouds and blue
The trip getting here
It's good to have guidance
Turtles in the sunshine
Just getting here is peaceful
You come in the gate and just
exhale
I kept wandering with the anise
Blue sky through the windows
You don't see a lot of cars
Or smell a lot of exhaust
Only nature
I remember counting horses
If you saw a white one
You got a nickel
*I'm overcome by a mood
of intense appreciation*
The sounds of birds
Cottonwood fluff
Summer snow

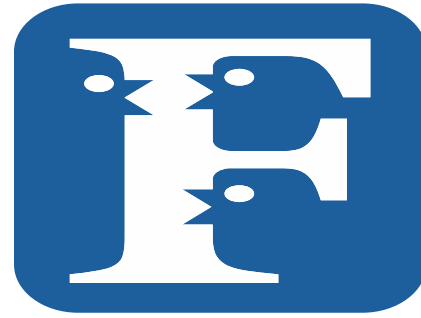






"I'm so glad I'm here. I feel like myself here."





FamilyMeans

BETTER IS POSSIBLE

www.familymeans.org | 651-439-4840

1875 Northwestern Ave. S.

Stillwater, MN 55082



CAREGIVING & AGING



COUNSELING & THERAPY



**EMPLOYEE ASSISTANCE
PROGRAM**



YOUTH DEVELOPMENT



FINANCIAL SOLUTIONS



**CENTER FOR GRIEF
& LOSS**

Central MN Council on Aging

Addressing Social Isolation and Loneliness Among Older Adults & Caregivers

Dementia Friends Changemaker Summit
October 4, 2024

Presenter: Natalie Matthewson- Community Development Supervisor
Central MN Council on Aging – Natalie.Matthewson@cmcoa.org

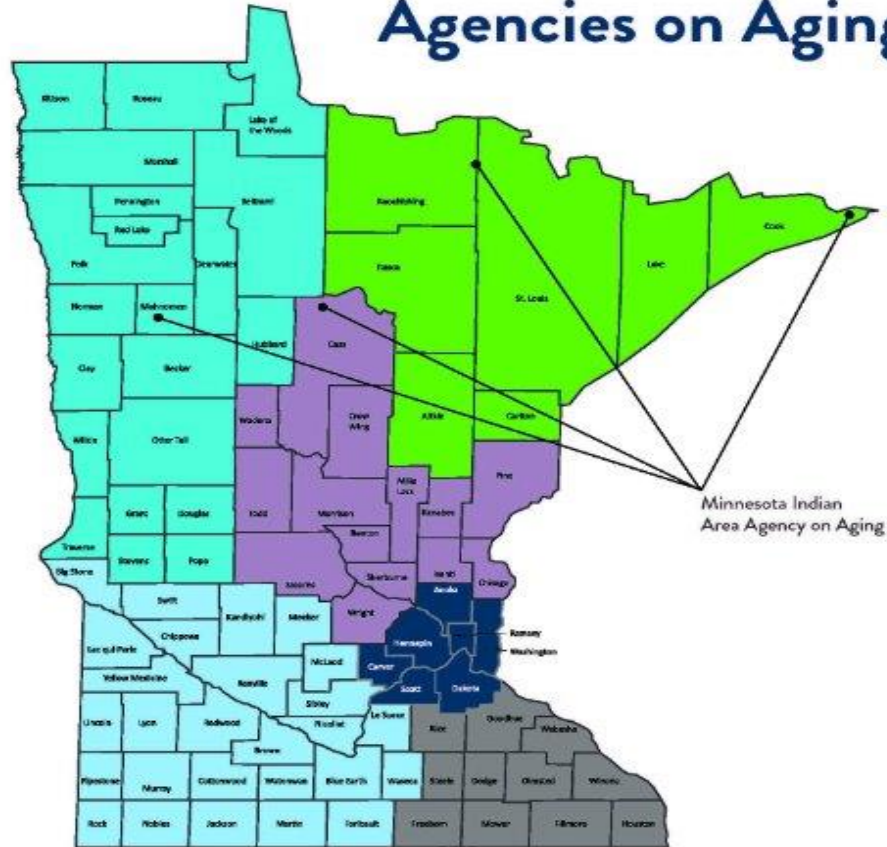


Our Mission

The Central Minnesota Council on Aging is committed to maintaining the highest level of **independence** for older people by developing and **coordinating community care, reducing isolation, and improving access to services.**

Serving Minnesotans 60+

Minnesota Area Agencies on Aging



- Home and Community-based Services
- Caregiving Support
- Dementia Education
- Housing Options
- Mental Health and Wellness
- Workforce Development
- Sustainability of Nonprofits
- Age Friendly MN





Three Functions of MN Area Agencies on Aging

Grant Administration

- Federal
Older American Act
Title III Funds

Community Development

- Community Partnerships
- Age Friendly Initiatives
- Technical Assistance,
Information, & Resources

Senior LinkAge Line®

- A free information & assistance service for “all things aging.”

The Why!

Surgeon General 2023 Report

- Loneliness is far more than just a bad feeling—it harms both **individual and societal health**.
- Associated with a greater risk of **cardiovascular disease, dementia, stroke, depression, anxiety, and premature death**.
- Impact of being socially disconnected is similar to that caused by **smoking up to 15 cigarettes a day**,... even greater than that associated with obesity and physical inactivity.
- Harmful consequences of a society that lacks social connection can be felt in our **schools, workplaces, and civic organizations**, where performance, productivity, and engagement are diminished.

<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>

Coalition to End Social Isolation (CESIL)

- Early 2022 Survey to Key Community Providers in St. Cloud Area
- Summer 2022 CESIL Officially Formed
 - Key activities- Men's Shed; Robotic Pets Distribution; CentraCare Data Collection and analysis of SDoH-Social Isolation questions and Support for Project Blue Star
- Spring 2023 Strategic Conversation with CESIL group
 - Next Steps- strategies to assist providers in resources and activities to assist patients/clients.
- 2023 National Conference- UCLA 3 Item Loneliness Scale, Wisconsin Discussions, Lessons learned, Making it our own

Defining Social Isolation and Loneliness

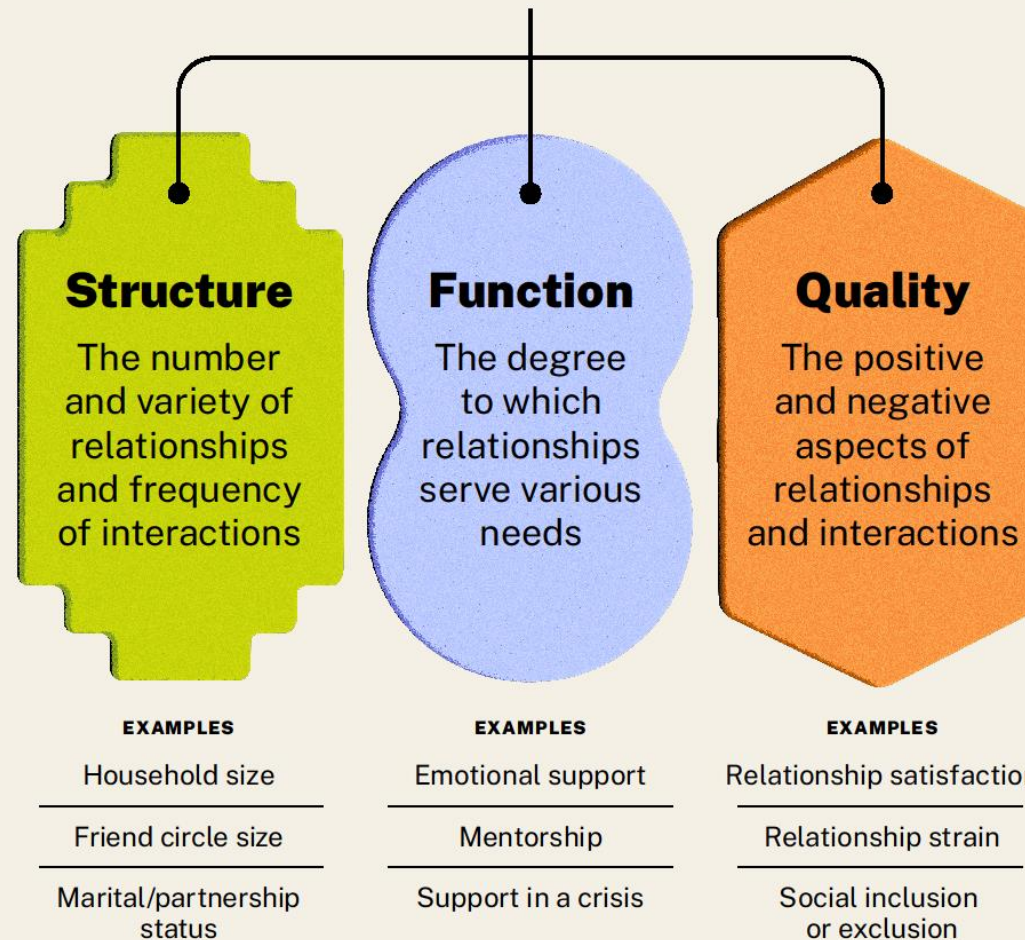
- **Social Isolation** Objectively (*actually available*) having few social relationships, social roles, group memberships, and infrequent social interaction.
- **Loneliness** A subjective (*feelings*) distressing experience that results from perceived isolation or inadequate meaningful connections, where inadequate refers to the discrepancy or unmet need between an individual's preferred and actual experience.

Objective

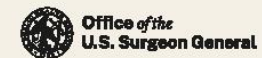
To increase public awareness of social isolation and loneliness (SIL) and to equip providers with tools to help their clients address SIL in their lives.

The Three Vital Components of Social Connection

The extent to which an individual is socially connected depends on multiple factors, including:



Source: Holt-Lunstad J. Why Social Relationships Are Important for Physical Health: A Systems Approach to Understanding and Modifying Risk and Protection. *Annu Rev Psychol.* 2018;69:437-458.

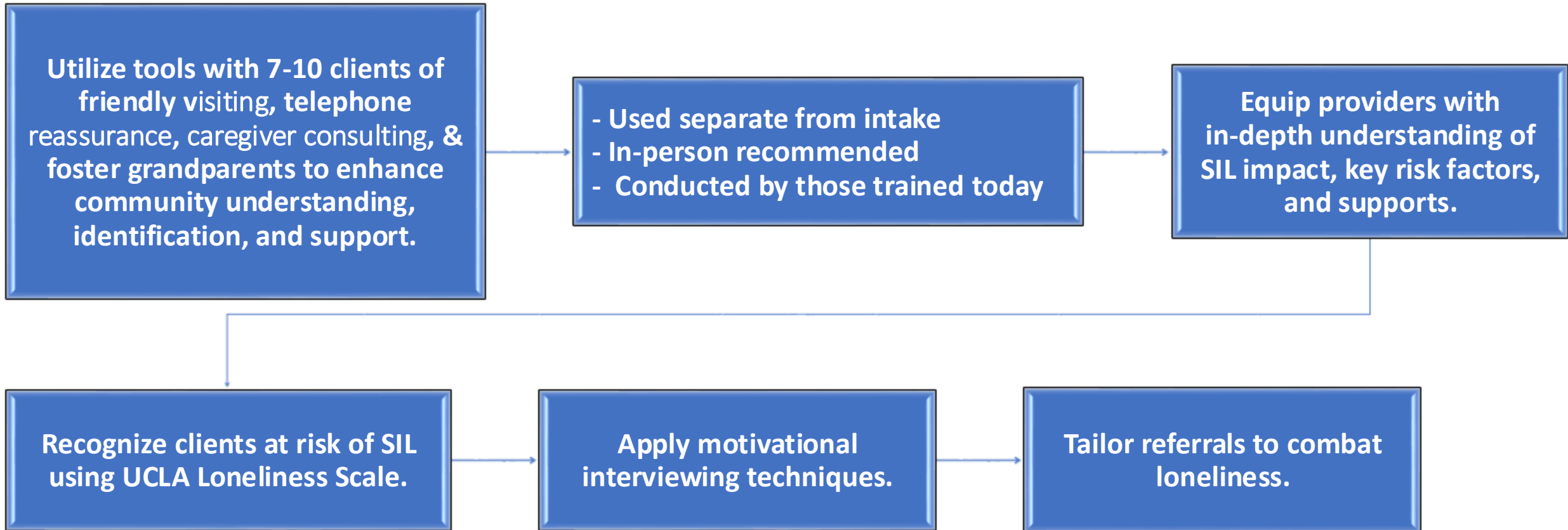


TW Toolkit Pilot Goals

Goal 1: Raise Community Awareness of SIL – Increase public awareness regarding social isolation, loneliness, and connection and their impact on the health, belonging, and well-being of older adults and family caregivers.

Goal 2: Detection and Support – Detect loneliness among older adults and caregivers and offer tailored support. Partner with providers to implement the UCLA 3-point Loneliness Scale as a screening instrument and utilize motivational interviewing techniques to empower older adults and family caregivers to address loneliness based on their values and preferences.

Collaborate with Providers



The UCLA 3-Item Loneliness Scale

1. How often do you feel a lack of companionship?
2. How often do you feel left out?
3. How often do you feel isolated from others?

Responses
Hardly Ever
Some of the Time
Often

Scoring: The scores for each individual question can be added together to give you a possible range of scores from 3 to 9.

Response	Score
Hardly Ever	1
Some of the Time	2
Often	3

Least Lonely 3 4 5 6 7 8 9 Most Lonely

Researchers suggest that people who score:

- 3-5 = "not lonely"
- 6-9 = "lonely"

The UCLA 3-Item Loneliness Scale

Strengths

- Widely used
- Well-tested and validated
- Ability to compare to national studies and data
- Short – only three questions

Limitations

- Originally developed with USA students
- ‘Response set’
- Training and support are needed for the negative wording of the questions
- Not appropriate to use with all people
 - Cognitive discrepancy
- Takes time to complete discussion and provide referrals

Workflow

UCLA Screening Tool Composite Score

Score 3-5 "not lonely"-
"Based on your score, it
seems like you are
doing well/feeling good
in this area of social
connectedness?"

What is happening that is
contributing a score of XX?

Are there any areas of your
life that you would like to
explore activities to stay
connected? (exercise,
volunteering, etc.)

Score 6-9 "lonely"-
"Thanks for taking
time to assess this
important area of
your overall health."

What does a day (or week)
of feeling more connected
look like for you?

Can you tell me about a
time that you felt more
connected?

Suggested Resources for Screeners to Help Clients Create a Personal Action Plan:

- Personal Action Plan Template
- MinnesotaHelp.info
- CMCOA Resource Directory

Motivational Interviewing

“Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.” (Miller & Rollnick, 2013, p. 29)

- What are some activities or hobbies you used to enjoy before taking on your caregiving role?
- What are some moments or situations when you feel least lonely?
- If you could imagine your ideal social life, what would it look like?

Reference: Miller, W.R. & Rollnick, S. (2013) *Motivational Interviewing: Helping people to change* (3rd Edition). Guilford Press.

Together Well Toolkit Personal Action Plan

Other versions of action plans are also acceptable.

Adapted with
permission from



[https://wihealthyaging.org/wp-content/uploads/2022/06/Stay Connected Final fillable.pdf](https://wihealthyaging.org/wp-content/uploads/2022/06/Stay_Connected_Final_fillable.pdf)

Together Well Toolkit - Personal Action Plan

Interest Area	What things I would like to do:	Where I can learn more about this:	People who can help me:	How will I get there:
Learning & Classes				
Fun & Recreation				
Health & Exercise				
Hobbies				
Religion & Spirituality				
Helping Others				
Food & Nutrition				
Volunteering & Career				

TW Toolkit Data Counts

Number of clients who participated and how many scored six and above.

Date (MM/DD/2024)	Older Adult / Caregiver Mark one or both	Score Circle score
	__ Senior __ Caregiver	3 4 5 6 7 8 9
	__ Senior __ Caregiver	3 4 5 6 7 8 9
	__ Senior __ Caregiver	3 4 5 6 7 8 9
	__ Senior __ Caregiver	3 4 5 6 7 8 9
	__ Senior __ Caregiver	3 4 5 6 7 8 9
	__ Senior __ Caregiver	3 4 5 6 7 8 9

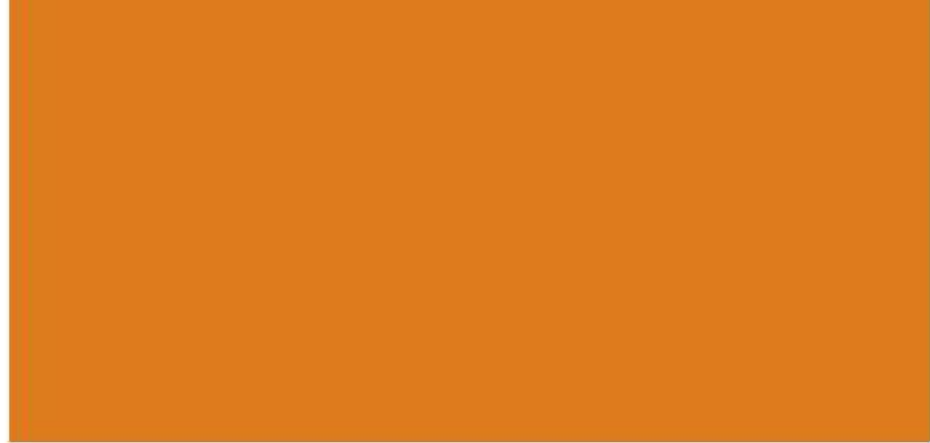
Timeline and Outcomes...

- November 2023 – Intro sessions with Title III and CESIL Providers
- January 2024 – Training on Together Well Toolkit
- Survey sent – Late Feb. early March 2024
- April 2024 – Focus Group report back
 - UCLA 3 item loneliness scale on 31 older adults or caregivers
 - Average score: 5.6 (3 as a low, 9 as the high)
- **What did We Learn?**
- May 30th – Powered by Connections event
- August 2024 Interest Session
- Sept 2024- Training additional community providers

Who can use?

- Hospital and Long Term Care Social Workers
- County Aging Services and Public Health Staff
- Caregiver Support staff- Caregiver Consultants
- Senior Living Communities- Activities, Social work Team
- Program to Encourage Active, Rewarding Lives (PEARLS) coaches
- Home Care Agencies
- And More.....

THANK YOU!



About DARTS

Founded in 1974

Help older adults continue to live independently

Provide support and resources to caregivers

Leverage older adult volunteers

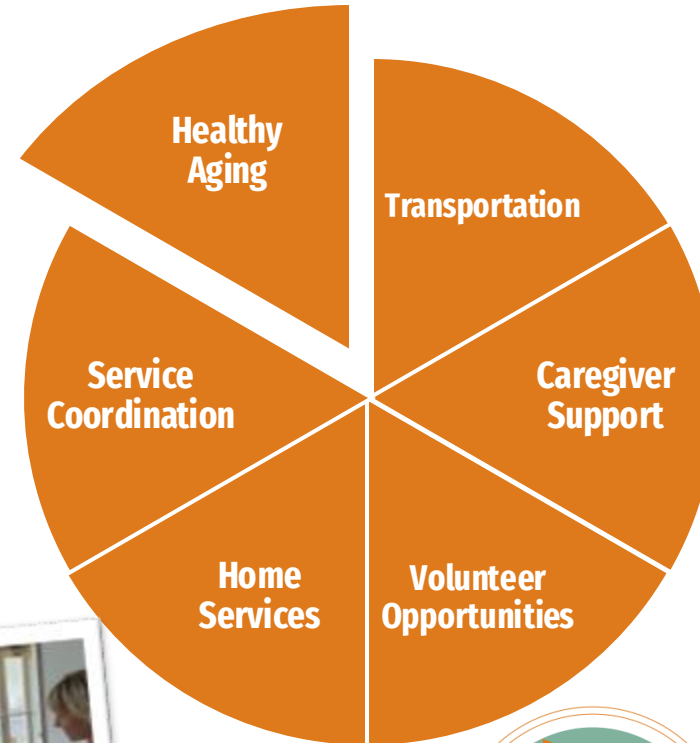
Serve in Dakota, southern Washington, and southwest Ramsey Counties



**Creating
connections
that enrich
aging.**



DARTS Services



Caregiver Support

- Support Groups
- Coaching & Consultation
- Education
- Respite



DARTS Breathing Space

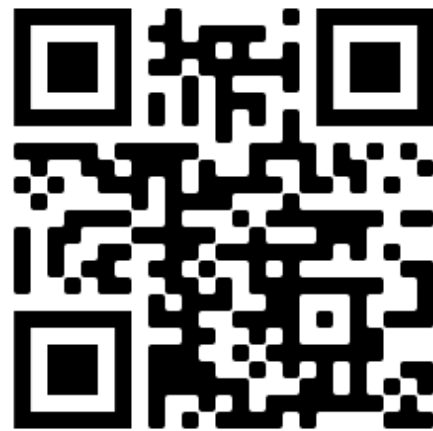
Group Respite Program



- Two Locations & Growing:
 - Eagan
 - West St. Paul
 - Program Expanding in 2025
- Weekly
 - 4 hours
 - Thursdays & Fridays
- Creating Connections
 - Friends paired with Volunteers
 - A break for Caregivers



Thank You!



Contact us:

- dartsconnects.org
- 651-455-1560
- info@darts1.org

Connect with us





Q & A



A large, light blue graphic of a plant with three leaves and a stem, positioned on the left side of the slide, partially overlapping the text.

What are **you** working on?
What **resource** are you using?
What have you **seen** in your
community?



Thank you Virtual Attendees!

If you require CEUs, please email your full name to info@actonalz.org with the subject line: VIRTUAL CEUs.

The background features a repeating pattern of stylized, light orange leaves or petals arranged in a vertical column on the right side. The leaves are simple, rounded shapes with a pointed tip, set against a solid orange background.

Lunchtime Conversations



Table Topics

Advocacy

Arts Table 1

Arts Table 2

Dementia Friends

Dementia Friendly America

Sustaining the Work

Caregiver Supports

Age Friendly Initiatives

K-12 Dementia Awareness

Dementia Grants

Community Connectedness

Public Health Intersections

Volunteering

Quiet Table

The background features a repeating pattern of stylized, overlapping leaf shapes in various shades of blue, creating a textured, organic feel.

The Next Ten Years:
Gathering to Sustain

MEETING ^{OF}
THE
MiNDS
DEMENTIA CONFERENCE

How We Help



24/7 Helpline

The Alzheimer's Association 24/7 Helpline ([800.272.3900](tel:800.272.3900)) is available around the clock, 365 days a year, free of charge, offering confidential support and information to people living with dementia, caregivers, families and the public.

Free Education & Support

Find dementia and aging-related resources such as support groups that connect individuals facing dementia at [alz.org](https://www.alz.org).



COMMUNITY OUTREACH



- **Annual Caring People with Memory Loss Conference**
- **Minnesota County Tour**
 - Dr. Gaugler's state-wide dementia tour has a goal of visiting all of Minnesota's 87 counties.





A Decade of Changemakers

2024 Statewide Dementia Friendly Changemaker Summit

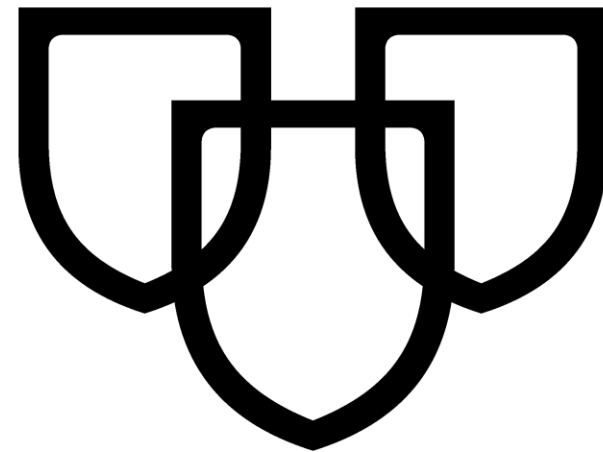
Friday, October 4
9:00 a.m. - 3:00 p.m. CDT

Minnesota Humanities Center - St. Paul, MN



Community Gatherings -
A look back

**MAYO
CLINIC**





Community Gatherings

- **2002- 2008** Mayo Clinic Dementia Conference
- **2008-2018** Meeting of the Minds in support of the Alzheimer's Association
- **2015** Dementia-Friendly Rochester: Unveiling the ACT (4 step process) results
- **2021** Mayo Clinic Conference on Brain Health and Dementia (virtual) in collaboration with the Alzheimer's Association and AARP – A Brighter Path Forward
- **2023** Mayo Clinic Conference on Brain Health and Dementia (hybrid in Rochester) in collaboration with the Alzheimer's Association and AARP – Paths to Emotional Wellness.

Going Forward...



Mayo Clinic Alzheimer's Disease Research Center in Collaboration with Elder Network Presents:

After the Diagnosis

An educational program for persons newly diagnosed with mild cognitive impairment, Alzheimer's disease or a related dementia, and their families



After the Diagnosis is a free, quarterly, in-person seminar providing a road map of information and resources to guide those impacted by dementia and their care partners. Light refreshments will be served mid-event.

Tuesday, October 1, 2024
12:30-4 pm

LOCATION

Mayo Clinic Alzheimer's Disease Research Center
3033 41st NW
Rochester, MN 55901

Enter through door B2

Convenient free parking including handicap spaces is available.

TOPICS INCLUDE

- Understanding your diagnosis
- Managing the disease
- Knowing your strengths
- Everyday ways to live well with dementia
- Opportunities to ask questions of the experts, connect with others, and visit with community organizations including 125 Live, the Alzheimer's Association, Elder Network, Resounding Voices and SEMCIL

Space is limited. To register, go to www.connect.mayoclinic.org/event/after-the-diagnosis. For any registration questions, please call (507) 538-4048.





Why all this matters

- Community is Hope
 - What my mentors have taught me
 - Mayo Clinic Study
 - McKinsey Health Institute
 - Harvard Study
- Knowledge in Empowering
- Connection is a lifeline



A Program of TRELIS™



ACT on Alzheimer's Community Summits

Years Held: 2016 (Chaska), 2017 (St. Cloud), 2021 (virtual), 2022 (virtual with satellite sights in Duluth, Redwood Falls, and St. Paul)

Audience: People involved or interested in Dementia Friendly Community work

Purpose:

- Early summits held to engage new communities, promote the Tool Kit and highlight the experiences of communities and share practices and products.
- Later summits provided opportunities to share new initiatives including The Remember Project and Dementia Friendly Dental Practices.

Age-Friendly and Dementia Friendly Communities



Common Goals

- To create places that recognize, value and enable older adults to stay active and engaged as they age.
- Acknowledge the leading role that communities play and engage with broad coalitions of stakeholders, including older people, to strengthen community supports and increase inclusion for the benefit of people of all ages.
- Support the desire for people to remain independent in their home/community as long as possible



Community
Development Approach

Similar Frameworks



Integrate!

Existing Age-Friendly communities can incorporate Dementia Friendly into their action plans

Dementia Friendly communities can use their work as a platform elevate conversations on aging and engage local elected leadership



The way we gather **matters**.
Gathering—the conscious bringing
together of people for a reason—shapes
the way we **think, feel, and make sense**
of the world.


-Priya Parker



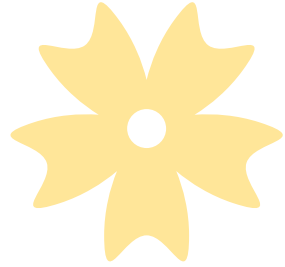
Based on everything you've heard today and your own experience, sketch or write what you want a **dementia-friendly 2034** to look like.

A large, light blue graphic on the left side of the slide. It consists of two stylized leaves at the top, a vertical stem, and a horizontal bar at the bottom, forming a T-shape.

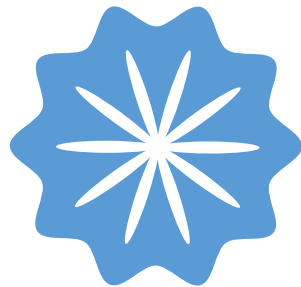
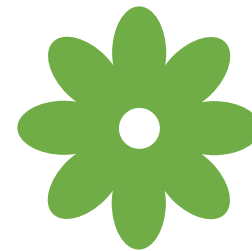
Share at your table!
Together draft a **25-word** vision.

A large, light blue graphic on the left side of the slide, resembling a stylized plant or tree with three leaves and a T-shaped base.

How can gathering keep us **energized** on the way? How are we **sharing** successes and lessons learned? How are we **supporting** each other?



Plant your vision



The background is a solid green color. On the right side, there is a stylized graphic of a coffee plant. It features two rows of three leaves each, with the leaves pointing downwards. Below the leaves is a thick, horizontal bar that tapers at the ends, resembling the top of a coffee cup or a tray. The text "The Coffee Shop" is centered in the middle of the image.

The Coffee Shop

Closing Remarks

A large, stylized graphic of a plant with two rows of leaves and a stem, rendered in a light orange color against a darker orange background. The leaves are simple, rounded shapes with pointed tips, and the stem is a thick, rounded bar.



Vanne Owens Hayes

**Chair,
Trellis Board of Directors**

The background features a repeating pattern of stylized, light blue leaves or petals arranged in a vertical, symmetrical fashion. The leaves are layered, creating a sense of depth and movement. The overall color palette is monochromatic, consisting of various shades of blue.

Thank you!



Thank you, sponsors!

