Age- and Dementia-Friendly
Winnemucca and Humboldt County
2020
Update
A Special Year
AARP Members and Winnemucca/Humboldt County Residents

While 2020 began just as one might expect with goals and dreams and excellent plans, COVID-19/the Corona Virus changed everything in our community after mid-March. Fortunately because of outlets like Zoom, we have been able to continue our monthly meetings, interact and connect with others throughout our city, county, and state, and adhere to the goals for Livable, Age-Friendly and Dementia-Friendly community. Yes, adjustments are necessary, but during a pandemic such as this, everything has been rewound and rewoven to best suit the needs of residents, groups, and organizations.

This guide includes a Table of Contents organized with a review of our prior goals with an assessment of how we are doing, our goals and accomplishments of 2020, a month-by-month guide of ADF-Winnemucca activities, a peek at plans for 2021 as we forge ahead, and the Appendix.

Everything we have attempted, adjusted, and realized is possible thanks to our dedicated team. Unfortunately our end-of-the-year celebration photo is not available right now, and I realize I should have been taking Zoom shots since we began virtual meetings, but that picture will be created when once again life resumes a more normal course.

One of prime focal points has been education and community outreach through courses, advertisements, presentations, brochures, and flyers. Not only do we teach, but we listen and learn and form partnerships to better facilitate outreach and staff development. Our “customers” include students, teachers, business employers and employees, organizations, and other community services.

Our short-term goals: awareness, knowledge, attitude modifications, and motivation to partner to improve our community.
Our Mid-term goals: to be a part of decision making and policy changes that enhance our livable community.
Our long-term goals: to persevere as we help make this a safe, healthy community with a focus on well-being and civic involvement.

But we never let covid-19 prevent us from reaching for and attaining goals. If anything, this time forced us to reflect on the needs of our community and its residents. I sense no less enthusiasm, although sometimes this has been accompanied by confusion as to our best steps forward. Then we hold a meeting, discussion soars, and we are right back on track.

Gini - Project Coordinator
# Age- and Dementia-Friendly Winnemucca and Humboldt County
## 2020 and Beyond

## Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letters of Support</td>
<td>4</td>
</tr>
<tr>
<td>Demographics</td>
<td>6</td>
</tr>
<tr>
<td>Mission Statement and Vision</td>
<td>8</td>
</tr>
<tr>
<td>Members and Supporters</td>
<td>9</td>
</tr>
<tr>
<td>Guidelines for Livable/Age-Friendly Communities and Dementia-Friendly Nevada</td>
<td>10</td>
</tr>
<tr>
<td>Review of SMART Goals</td>
<td>11</td>
</tr>
<tr>
<td>SMART Goals of 2020</td>
<td>14</td>
</tr>
<tr>
<td>Month-by-Month Delineation of Age- and Dementia-Friendly Winnemucca</td>
<td>25</td>
</tr>
<tr>
<td>SMART Goal 2021</td>
<td>45</td>
</tr>
<tr>
<td>Appendix</td>
<td>46</td>
</tr>
</tbody>
</table>
June 12, 2017

To: Citizens of Winnemucca

The City of Winnemucca is an active partner in the development of an Age-Friendly community. We are very aware of the demographics of our area and the role that our senior citizens have within our County. We know that we have a very active and vibrant senior community and it has been a priority to address their needs. By working and being proactive with our local senior organizations and the Age-Friendly movement, we have been able to address the concerns of our citizens and make a difference in their life styles.

I personally feel that Winnemucca is geared to be one of the prime rural locations for senior retirement. We are broadening our senior housing, medical community and enhancing the social and recreational opportunities of our older residents. We are and will continue to be committed to having an outstanding quality of life for our seniors and all residents of Winnemucca.

Sincerely,

Dian Funk
Mayor
December 18, 2020

Re: Age and Dementia Friendly of Winnemucca

Dear AARP,

The City of Winnemucca is pleased to offer this letter of support for Age and Dementia Friendly of Winnemucca (ADF-Winnemucca) and Gini Cunningham as the organization’s leader. Over the past several years, the City has worked closely with ADF-Winnemucca, and we have completed many projects. Some of our most notable joint-projects include the installation of numerous benches and tables to make our community more livable, construction of an age-friendly fitness park (funding assistance from AARP) and adjacent walking path, and installation of an Appreciation Wall where members of our community can be acknowledged and/or remembered.

With the start of 2021 approaching quickly, we look forward to another successful year. With ADF-Winnemucca leading the way, we have no doubt that we will complete our largest joint-project yet: the planning and re-construction of our dilapidated Community Garden. We see this project as adding a tremendous resource for many demographic groups in our City, but especially for our seniors and low- or fixed-income residents.

The City of Winnemucca is lucky to have someone like Gini championing such an important, and often overlooked, piece of community development. We readily support any project ADF-Winnemucca brings to the table because we know it will be successful and beneficial to our City.

Sincerely,

Richard D. Stone
Mayor
City of Winnemucca

Alicia E. Heiser, PhD, PE
City Manager/Engineer
City of Winnemucca
Demographics

Humboldt County is named for the river that bears its name, the Humboldt. The Humboldt River’s headwaters lie in the Ruby Mountains and flow to Rye Patch Reservoir and then eventually disappear into the alkali flats southwest of Lovelock. Many of the county’s first industries still thrive: mining for gold, silver, tungsten, iron, and several other metals plus agriculture and ranching. Tourism is also vital.

Winnemucca, the county seat, celebrated its centennial in 2017. Named for Chief Winnemucca, a northern Nevada Paiute. With 8,000 residents in the city and 17,000 in the county, Winnemucca lies at the crossroads of Highway 95 and Interstate 80. If you have driven on either of these, you quite likely have passed through.

Many ethnicities and cultures played a part in Winnemucca’s history: Germans, Italians, Chinese, Basques, and many more. Basque restaurants are popular for dining, plus there are a number of Mexican eateries with many authentic delights.

If you like to hunt, fish, hike, explore, and just relax, Winnemucca has something for you. The Bloody Shins biking trail draws many tourists just as the canyons and mountains call hikers for a variety of outdoor pursuits. Winnemucca is also home to the Buckaroo Hall of Fame, a museum full of cowboy memorabilia, artifacts, and artwork. The Humboldt Museum, open year-round, is replete with displays and artifacts of the region.

Median age in Winnemucca is 29.9 compared with 37.5 in Nevada. 55% of residents 15 and older are married and 58% of these have children under 18. 72% speak English as a first language while 27% speak Spanish. The elevation is 4,295’ which makes for pleasant weather: warm summers with cool evenings, a gorgeous fall, winter that includes sunshine and snow, and a springtime which blankets the hills with an assortment of wildflower.
Winnemucca has three elementary schools, a middle school, a high school, and Great Basin College. There is also an active Senior Center, many churches and places of worship, and a variety of service clubs and organizations. Fine dining, fast food, many hotels and motels, plus RV parks, mean Winnemucca is ready for a visit from you.
Mission Statement and Vision

MISSION STATEMENT: Since inception of Age-Friendly Winnemucca and Humboldt County the ADF-Winnemucca Project Team has worked to improve our community to make it an ideal place to live, to educate community members, organizations, religious groups, and businesses on the value and importance of every resident.

The Project Team meets monthly to discuss:

- What do we have in Winnemucca and Humboldt County that works for the majority of residents?
- What do we need in Winnemucca and Humboldt County to improve and advance healthy living for the majority of residents?
- How do we attain our goals of making this the perfect, livable community?

We review goals, check off those accomplished, return to goals that need updating and revision, and always look to the future.

VISION: An ideal community that serves all residents with:

- Friendly, safe outdoor spaces, buildings and structures
- Transportation that is convenient, reliable, and accessible
- Housing that is affordable and HomeFit to meet the immediate and future needs of residents
- Social participation that includes everyone – all ages, interests, and abilities to enrich good health and well-being
- Respect and social inclusion – something for everyone by meeting people where they are and accepting who they are
- Respect and social inclusion so that no one ever need feel lonely or unwanted
- Communication and information for an educated, informed populace
- Community support and health services through partnerships with Humboldt General Hospital, health services, Nevada Department of Aging and Disability, City and County officials, law enforcement, businesses, charitable organizations, faith groups, educators, Nevada Outdoor School, ...

...
Members and Supporters of Project Team

Rich Stone          Alicia Heiser          Alicia Cramer
DiAn Putnam        Jolina Adams          Betty Lawrence
Lisa Costa-Campbell Billie Lucero        Debbie Stone
Pam Coats           Judy Robbins          Andree Rose
Shelly Drake        Patty Jones          Patricia Tindall
Patricia Setzer     Skip Becker          Kate Fries
Keeli McClintick    Cindy Michaels        Gayle McDonald
Robin Gillis        Robin Moore          Niki Rubarth
Jennifer Carson     Peter Reed           Nicole Maher
Casey Acklin        A. Crockett          Brooke Esquivel
Alaine Nye           Paige Brooks         Ashley Maden
Barry Gold           Mary Liveratti       Athiwan Husted
Christine Bissell   Chad Peters          Cindy Whitakker
Heidi Slater         Dolores Ward-Cox     Laurie Riley
Laura Christean     Maria Bengochea       Patty Ellifritz
Sheryl Curtis       Sundae Orwick        Joyce Simons
Wendy Raynor        Tina Leon            Shelly Noble
Nicki Adams          Mike Montero         Gini Cunningham
### Guidelines for Livable/Age-Friendly Communities
#### Dementia-Friendly Communities

<table>
<thead>
<tr>
<th>The 8 Sectors of AARP Age-Friendly Communities</th>
<th>The 5 Sectors of Dementia-Friendly Nevada</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Outdoor Spaces; Buildings and Structures</td>
<td>• Transportation Services</td>
</tr>
<tr>
<td>• Transportation</td>
<td>• Community-based Supports and Services</td>
</tr>
<tr>
<td>• Housing</td>
<td>• Neighbors and Community Members</td>
</tr>
<tr>
<td>• Social Participation</td>
<td>• Businesses</td>
</tr>
<tr>
<td>• Respect and Social Inclusion</td>
<td>• Outdoor Spaces; Buildings and Structures</td>
</tr>
<tr>
<td>• Civic Participation</td>
<td></td>
</tr>
<tr>
<td>• Communication and Information</td>
<td></td>
</tr>
<tr>
<td>• Community Support and Health Services</td>
<td></td>
</tr>
</tbody>
</table>

As ADF-Winnemucca combines the power of its members as we align our goals with the 8 sectors of AARP as well as the 5 sectors of Dementia-Friendly Nevada. Both organizations focus on making communities ideal for all residents. Because of volunteer work with the Alzheimer’s Association, the Nevada Task Force on Alzheimer’s, AARP, and Dementia-Friendly Nevada, all of our goals take into consideration the various angles of need in our community as we determine how to bring our efforts to fruition.
Review of SMART Goals
Goals in Black; Update in Red

SMART Goal #1 – Senior bus stop for downtown businesses – 4th and Bridge - Complete
SMART Goal #2 – Certified AARP Driver’s Education Instructor – Member Skip is certified to fulfill this role for our community.
SMART Goal #3 – Concierge Service on Pleasant Senior Center Bus – The Senior Bus has been inoperative much of this year, however, when regular services begin operation ADF-Winnemucca will work to ensure that the concierge service is once again available.
SMART Goal #4 – Benches and Game Tables – Although we were not awarded an AARP Livable Communities grant we were able to generate funds for several projects including a covered bench and a covered table to be placed along the pathway or near our Fitness Park when these items arrive. Also, two benches have been moved and will be placed next to our Appreciation Wall, another goal we set, gathered funding for, and is not erected near the Fitness Park.
SMART Goal #5 – Walking, Biking, and Jogging Path – The walking path near the Fitness Park is used by many individuals. We look forward to extending this as well as adding vegetation in the area to make it appear more inviting.
SMART Goal #6 - Education and Background Awareness Campaign – With many in-person events cancelled since March, we have still extended education opportunities such as “Mobilizing Beliefs” and “Dementia-Friendly Communities”. Our partnership with the Northern Nevada Alzheimer’s Association also gives us the benefit of offering their many virtual presentations such as 10 Warning Signs of Alzheimer’s and Support for Caregivers.
SMART Goal #7 – Campaign to Educate Business Owners and Employees on Restroom Availability for Families – This will resume once in-store shopping once again becomes safe.
SMART Goal #8 – Maps Downtown with Key Historical Sites This goal is pending and hopefully can come to fruition with partnership with the Humboldt County Museum at some point during 2021.
SMART Goal #9 – Flag Crossings at Highland Park - Installed
SMART Goal #10 – Expand Advertisement of Various Transportation Services – Senior bus services continue to be available along with RSVP transportation, but it is limited and requires more advance planning. Later in 2020 we should be able to build this service.
SMART Goal #11 – Provide Residents in Need with Contact Information for Snow Shoveling and Leaf Raking – Available through our Honor Camp.
SMART Goal #12 – Create List for Contractors and Realtors on Key Elements of Aging-in-Place Home Amenities - Complete
SMART Goal #13 – Produce and Distribute HomeFit Guide – Complete with copies available upon request and in our lending libraries.
SMART Goal #14 – Expand Advertisement about Social Activities and Events through a Website: www.adf-winnemucca.com – Member Athiwan Husted has upgraded our website and has done an excellent job of advertising our events, meetings, potential presentations, etc.
SMART Goal #15 – Expand Array of Social Activities – ADF-Winnemucca added a Sprint Triathlon in July 2019 and held the second one in September 2020. Between these two events and our overlapping support of Alzheimer’s Awareness events such as the Turkey Trot, Tie-One-on, and the Longest Day, we decided that we are providing and adequate number of events of a social nature, with an emphasis on fitness and interaction.

SMART Goal #16 – Provide Business Owners and Employee Training to Build Knowledge and Offer Ideas for Assisting All Customers – On hold during much of 2020 but available upon request.

SMART Goal #17 – Design Booklet and Brochures with Key Information on Services Available in Winnemucca while Encouraging Support of Local Businesses and Artisans t – Complete. When 2021 resumes normalcy we will update our booklets and brochures for communitywide distribution.

SMART Goal #18 – Educate Businesses of Importance of Benches or Chairs Available for Caregivers and Loved Ones - When 2021 resumes normalcy we will again work closely with business and organizations to assist with greater accessible, knowledge and understanding.

SMART Goal #19 – Design Winnemucca-Specific Safety Program Using Neighborhood Watch as an Example We will work more closely with the City Police and Sheriff’s Office with perhaps weekly updates on safety issues, crime concerns, and good news. In researching Neighborhood Watch we found that it us costly, time consuming, and that we would be better off with connections with law enforcement.

SMART Goal #20 – Offer REST (Respite Education and Support Tools) Training – When 2021 resumes normalcy we will again offer this program. Supplies are on hand.

SMART Goal #21 – Continue Public Awareness Events about Alzheimer’s and other Dementias: Turkey Trot, Tie-One-On, Community Health and Wellness Fair, the Longest Day – When 2021 resumes normalcy we will again offer programs such as these. Because it is held outdoors, we were able to support the 7th Annual Turkey Trot this year where over $7,000 was donated for education and respite care for those with dementia and their caregivers and the community at large.

SMART Goal #22 – Continue Our Work to Build a Livable/Dementia-Friendly Community – This ended our update for 2019 and is one that we continue to build upon, as seen above, making ours a perfect place to spend a lifetime.

2020

SMART Goal #23 - Apply for additional funding through AARP for expansion of our Fitness Park Located at the Whitworth/City Recreational Complex – Sadly we did not receive a grant this year but that did not deter our group from success. We were able to purchase a covered table and a covered bench for the Fitness Park, aid in constructing our Appreciation Wall, and continue our partnership with the City of Winnemucca to expand our Fitness Park and Walkway. We look forward to applying again for an AARP 2021 Grant.

SMART Goal #24 – Create and Stage a Sprint Triathlon with Funds Raised to be Used for Additional Items at the Fitness Park – Started in 2019, 2020 doubled the number of participants plus we had 4 people participate virtually. The live experience is powerful; the virtual experience means anyone, anywhere can participate and reach personal fitness goals. $1,000 was raised for our bench and table project near the Appreciation Wall and Walkway.
SMART Goal #25 – Design and Purchase an Appreciation Wall at the Entrance to the Fitness Park area – Completed in time for the 2020 Turkey Trot, plaques to honor or in memory of are available for purchase through Jim Dandy Productions. Finished plaques are installed by the City crew.

SMART Goal #26 – Live and Virtual Dementia-Friends and Mobilizing Beliefs Trainings – Trainings are available for those who are interested. When 2021 resumes normalcy we will extend our outreach.

SMART Goal #27 – Create and Deliver a Lending Library with Books, Pamphlets, and Flyers on Alzheimer’s, Dementia, and Caregiving (distributed to Humboldt General Hospital, Humboldt Volunteer Hospice, and Pleasant Senior Center). The Northern Nevada Alzheimer’s Association will send us materials periodically to update the library – Complete, although we have not been able to add to these libraries during COVID-19. Once normalcy resumes, we have several additions for each facility plus the Northern Nevada Alzheimer’s Association will send us more upon request.

SMART Goal #28 – Partner with the Northern Nevada Alzheimer’s Association to bring virtual and live presentations such as “10 Warning Signs” and tips for caregivers – This allows one more way for ADF-Winnemucca to continue our outreach and education goals.

SMART Goal #29 – Provide iPads to RSVP, Humboldt Volunteer Hospice, and Pleasant Senior Center to add another way for seniors, those living alone, and shut-ins to communicate with family, friends, medical personnel, grocery shop, and more – Although we did not receive funding from AARP for this purchase, the City awarded us funds for 3 iPads through the Nevada CARES grant. All iPads are in place and in use.

SMART Goal #30 - Borrowing an idea from Pahrump Dementia-Friendly team we launched an every-other-month movie extravaganza to share information on forgetfulness, dementia, Alzheimer’s, and other critical issues. Although we had to discontinue our movies after the first showing, we will be re-engaging as soon as it is possible, maybe by late summer or fall 2021.

2021

SMART Goal #31 – Partner with City of Winnemucca, Nevada Outdoor School, Main Street Winnemucca, and others to re-create the Community Garden with our emphasis on paved trails for easy access of walkers and wheelchairs, raised beds to easily reach plants, and a special garden dedicated to the efforts of Age- and Dementia-Friendly Winnemucca. We will also be available to follow guidance from the City on the Master Plan regarding irrigation systems, weeding, maintenance, plot designation, and planting plants that look good and survive in our climate. This may seem a small goal when you look at everything from the past, however, the Community Garden has fallen into disarray and ADF-Winnemucca is excited to work with local groups to bring this area back to a wonderful, productive state. With a focus on those with physical restraints our top priorities are a paved area for walkers and wheelchairs, raised beds for easy reach, and a garden to represent ADF-Winnemucca and our desires for a Livable/Age- and Dementia-Friendly Community.

Because we also work closely with Lovelock/Pershing County and Battle Mountain/Lander County to draw them into applying to become and Age- and Dementia-Friendly Community.
SMART Goals of 2020

AARP Sector(s):
Outdoor Spaces; Buildings and Structures
Social Participation
Respect and Social Inclusion

Dementia-Friendly Nevada Sector(s):
Outdoor Spaces
Community-Based Support and Services

SMART Goal #23 - Apply for funding additional funding through AARP for expansion of our Fitness Park Located at the Whitworth/City Recreational Complex

Specific: Our Fitness Park has received tremendous support and we are excited to extend its size and usability.

Measurable: According to City response the Fitness Park is well used, especially with covered picnic area and playground. Requests have come in for more apparatus and walking paths.

Achieveable: Because we have the City on our Project Team, once items are ordered, they can be installed.

Relevant: Time outdoors and exercise are essential for all residents even in the time of COVID-19. With more exercise choices and pathways, social distancing can be assured.

Timely: Our initial plans were based on a grant from AARP, when we did not receive one, we regrouped and modified our plan. We are adding 2 benches, a covered table and a covered bench, and an Appreciation Wall.

Age- and Dementia-Friendly Winnemucca always plans ahead and we land on our feet, ready to adjust our goals to attain success. This is true with the above SMART Goal. While we considered COVID-19 in our grant request, it was not our sole focus as we want to look beyond this virus when people can be out and about once again. Our Fitness Park is perfect as it is outside, has several pieces of exercise equipment, offers a walking path, and there is a picnic area nearby along with a playground. We will continue to work to make this area a viable and grand venue.
SMART Goal #24 – Create and Stage a Sprint Triathlon with Funds Raised to be Used for Additional Items at the Fitness Park

Specific
We like to keep ADF-Winnemucca at the forefront and a Sprint Triathlon seemed perfect as we did not have anything like this and it was a good way to earn some funds.

Measurable
Because we have a record of participants we realize that our number of participants doubled between 2019 and 2020. Adding a virtual aspect made our reach even wider.

Achieveable
The first year of the event was a trial; the second-year enthusiasm grew and we realized that setting a specific weekend each year will help our Triathlon grow.

Relevant
The outdoors, exercise, connections, and the sheer joy of success definitely hold relevancy for everyone. With participants knowing they can modify the distance to suit individual needs, there is a place for everyone.

Timely
Is there anything better than an exercise challenge? Something to strive for, to practice for, and to participate in a worthy cause makes our event extra special.

Age- and Dementia-Friendly Winnemucca always seeks ways to involve our community in activities that are relevant and important. While we launched our Sprint Triathlon in 2019, it is really 2020 that made us realize how important events such as this are to the well-being of our community. Both active participants, live or virtual, benefit as do the bevy of volunteers who make the event possible and help us achieve success.

Virtual events are relatively new to our community but between this Sprint Triathlon and the Turkey Trot from which we earn some funds, more people are aware that no matter where they are, participation is doable – and fun.
**SMART Goal #25 – Design and Purchase an Appreciation Wall at the Entrance to the Fitness Park area**

**Specific**
As we work to make the Fitness Park and recreation accessible and special for everyone, ADF-Winnemucca decided that the construction of an Appreciation Wall was in order.

**Measurable**
ADF-Winnemucca realizes that the next few months will probably not see many plaques purchased and placed because of COVID-19 and other stresses, we are excited to be looking forward.

**Achievable**
Again, our partnership with the City of Winnemucca means that so many of our projects can be completed through their maintenance department and the efforts of Alicia Heiser, City Manager.

**Relevant**
“Feel good moments” are critical to happiness and well-being. The construction of this wall demonstrates the permanent plans of ADF-Winnemucca and our desire to support our community.

**Timely**
We realize that we are under the work orders of the City and so construction may be delayed until they have openings in the fall and winter. That aside, we are thrilled to move forward on this project.

**Age- and Dementia-Friendly Winnemucca** has looked for ways to expand our Fitness Park with limited funds. Plus we wanted something permanent and something tender, that speaks to the heart. Our Appreciation Wall serves this purpose ideally. In January 2021, when more plaques are mounted, we will hold our meeting in front of the Wall for a photo opportunity to share with Winnemucca and the surrounding areas.
**AARP Sector(s):**
- Respect and Social Inclusion
- Communication and Information

**Dementia-Friendly Nevada Sector(s):**
- Community-Based Support and Services
- Neighbors and Community Members

## SMART Goal #26 – Live and Virtual Dementia-Friends, Bravo Zulu, and Mobilizing Beliefs Trainings

<table>
<thead>
<tr>
<th>Specific</th>
<th>The more people know about Alzheimer’s other dementias, and aging, the better they will be at welcoming and assisting those in need. Our goal is to train the majority of residents of Winnemucca.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurable</td>
<td>We take attendance at our presentations as well as having and before and after assessment so we can gauge the number of participants and their growing knowledge.</td>
</tr>
<tr>
<td>Achieveable</td>
<td>Although it has been challenging in the time of COVID-19, we have had some live presentations as well as some that are virtual.</td>
</tr>
<tr>
<td>Relevant</td>
<td>If we want to destigmatize aging and dementia, presentations and discussions are essential to educate our community.</td>
</tr>
<tr>
<td>Timely</td>
<td>Whenever we can present and share we know that we have the opportunity to educate and expand local knowledge and understanding.</td>
</tr>
</tbody>
</table>

**Age- and Dementia-Friendly Winnemucca** has always had a good response to our presentations. We were fortunate to have Dr. Jennifer Carson of UNR Medical School present Bravo Zulu right before the shutdown of live events in March. Offers have gone to various groups for other presentations with length varying from 15 minutes, to accommodate lunchtime or hourlong meetings to longer 60-90-minute classes. We will continue to expand our outreach, always making presentations virtual and live as that is really the new way of doing things.
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.
AARP Sector(s):  
Communication and Information  
Community Support and Health Services

Dementia-Friendly Nevada Sector(s):  
Community-Based Support and Services  
Neighbors and Community Members

SMART Goal #27 – Create and Deliver a Lending Library with Books, Pamphlets, and Flyers on Alzheimer’s, Dementia, and Caregiving (distributed to Humboldt General Hospital, Humboldt Volunteer Hospice, and Pleasant Senior Center). The Northern Nevada Alzheimer’s Association will send us materials periodically to update the library

We discovered that we had many books, brochures, flyers, and other materials concerning aging and dementia. Wondering why we keep these is a box, we determined 3 ideal spots for creating a lending library.

Measurability is challenging because we do not know what people learned from our library, but we know interest based on when we need to re-fill the supply.

With our three selected library locals, we were able to distribute materials including more information about ADF-Winnemucca.

Being able to check out or just take materials means that more people can learn and increase understanding of our goals and the ideals we want reflected in our community.

Anytime anyone has a question or concern, s/he also knows a reliable locale for informative, up-to-date resources.

Age- and Dementia-Friendly Winnemucca wants everyone to know and understand dementia, cognitive decline, and other health concerns. We set up the libraries and were impressed with the traffic, but then COVID-19 arrived and we have not been able to continue this outreach to the degree we had hoped. However, someday in the future we will be able to return to creating a far-reaching collection of materials.

Niki Rubarth of the Northern Nevada Alzheimer’s Association and Mary Liveratti of AARP have been more than generous in their many important donations. Partnerships and teams are critical to our success.
SMART Goal #28 – Partner with the Northern Nevada Alzheimer’s Association to bring virtual and live presentations such as “10 Warning Signs” and tips for caregivers

**Specific**
Knowledge is power and this power is something ADF-Winnemucca is excited to share. Our partnership with the NNAA permits us access to wonderful presentations, live and virtual.

**Measurable**
With roll taken and often before and after feedback, we know who participates in these events. Returners to additional presentations tells us we are successful.

**Achievable**
Offers of presentations have been made plus we have locals who can present some of these like 10 Warning Signs.

**Relevant**
Education and knowledge – we want Winnemucca and Humboldt County to be the most educated, most aware city and county on Alzheimer’s, cognitive decline, and dementias.

**Timely**
We cannot wait to offer information to strengthen the openness and understanding necessary for destigmatizing aging, dementia, and Alzheimer’s.

**Age- and Dementia-Friendly Winnemucca**, as mentioned earlier, knows the value of partnerships. Not only does this afford us more learning opportunities it also allows us the glean information from other groups and organizations. You can never know too much.
AARP Sector(s):  
Communication and Information  
Community Support and Health Services

Dementia-Friendly Nevada Sector(s):  
Community-Based Support and Services  
Neighbors and Community Members

SMART Goal #29 – Provide iPads to RSVP, Humboldt Volunteer Hospice, and Pleasant Senior Center to add another way for seniors, those living alone, and shut-ins to communicate with family, friends, medical personnel, grocery shop, and more

Specific:  
During COVID-19 many people are home alone, lonely, and lacking needed contact. Our 3 iPads, purchased through CARES funds means more people are in touch. Thanks to RSVP, the Pleasant Senior Center, and Humboldt Volunteer Hospice, these iPads are out in our community.

Measurable:  
Each of the three groups mentioned above keep track of contacts and how the iPads have been used, plus we get feedback on how the iPads are helping our seniors.

Achievable:  
Thanks to the CARES funding and our partnership with the City, these iPads were paid for with out us trying to figure how to accomplish this goal.

Relevant:  
Unlike any other period in my lifetime, covid-19 has changed everything and every perspective. Our ADF-Winnemucca goals are always to help and support others – iPads accomplish this.

Timely:  
Because we had an excellent contact for purchase and also the speed with which Apple delivered, our iPads have been put to immediate use.

Age- and Dementia-Friendly Winnemucca also partners with the NEST program of Nevada. Through contacts in this group we learned about using iPads to create connections and to assist those in need. We grabbed the idea and made it part of our AARP grant request as these are a critical connection during this time. When we were not approved for the grant, we moved ahead, ordered the iPads, and then were offered funding through the City. Hurray!!
SMART Goal #30 Borrowing an idea from Pahrump Dementia-Friendly team we launched an every-other-month movie extravaganza to share information on forgetfulness, dementia, Alzheimer’s, and other critical issues. Thanks to local theater owner, Mike Owens, our movies will be shown at no cost other than $5.00 for popcorn and a beverage. A partial list of movies includes:

- *50 First Dates*
- *On Golden Pond*
- *Still Alice*
- *Alive inside*

Looking for additional ways to educate our community about Alzheimer’s and other dementias, we heard of the movie program in Pahrump and jumped on it. Mike Owens, theater owner in Winnemucca approved our plan and we were set to roll.

With a sign-in sheet and head count we are able to track attendees plus we have a conversation prior to the showing and a sheet for feedback and suggestions.

Once again, partnership brought this to fruition. Although we were only able to have one movie before covid-19 changed our plan, we will relaunch ASAP as we have already purchased our films.

There are so many ways to look at aging and dementia. Movie offer valuable insight in an entertaining format. We believe this will allow enlightenment and increased knowledge.

Our launch in February we were thrilled with the response. Again, although we are in a pause right now, we will resume when health concerns are solved.

Age- and Dementia-Friendly Winnemucca was excited to launch our movie night every other month. With Mike Owens openness and caring, we could do this at only the cost of the movies. Seeing the movie on the big screen, and making use of Mike’s theater contract, we held the first movie, *50 First Dates*. I would have not believed that a movie with Adam Sandler who is usually goofy in a goofy role could have brought such enlightenment and understanding to a situation of cognitive decline/blocking. Because the movie is both light and serious, it was a perfect movie.

Someday, when covid-19 is finally sidelined, we will once again begin our theater extravaganza.
Month-by-Month Delineation of Age- and Dementia-Friendly Winnemucca

January

We shouldn’t have to say it or display it, but dementia is still woefully misunderstood.

Humboldt Sun Advertisement
Healthy Body – Healthy Brain

While research for prevention, reversal, or cure for Alzheimer’s disease has eluded researchers, there are things you can do now to increase the power of your brain:

1. *Eat well* – eat healthy: fruits, vegetables, meat and grains in moderation, and use wisdom when selecting from a menu when dining out.
2. *Exercise* – start small and grow your daily exercise, always beginning each workout with a positive attitude and a happy smile. Attitude makes a tremendous difference in attaining success.
3. *Socialize* – join friends for a walk and talk, become a member of a club or organization whose ideals match yours, volunteer, visit family members and acquaintances.
4. *Expand* your intellectual *horizons* – take a class that includes challenging goals, learn to play a musical instrument like the harmonica or guitar, plunge your language skills into diversity by picking up a new language, read, write, and chat more.
Our Annual Tie-One-On event during Lowry High School basketball where $500+ was donated for education and respite

Humboldt Sun Advertisement
Age- and Dementia-friendly Winnemucca
With grateful thanks to
Mike Owens and Park Cinemas
Announces
Movie Adventures of Discovery
⇒ Monday, February 10 - 50 First Dates (kick off) Drew Barrymore & Adam Sandler
⇒ Monday, April 13 The Notebook 2004 James Garner, Gena Rowlands
⇒ Monday, June 8 Away From Her 2007 Julie Christie
⇒ Monday August 10 On Golden Pond 1981 Katherine Hepburn, Jane Fonda
⇒ Monday October 12 What They Had 2018 with Hilary Swank, Michael Shannon, Robert Forster, Blythe Danner
⇒ Monday December 14 Cracked presented by Winnemucca Dementia Friends

Admission: no charge
Doors open: 5:15pm
Showtime: 5:45
Popcorn and a small beverage: $5.00
Discussion before and during intermission
March

Bravo Zulu

Achieving Excellence in Relationship-Centered Dementia Care

Do not miss this FREE BRAVO ZULU presentation by Dr. Jennifer Carson, from Reno. It will be packed with thought-provoking ideas on how to better understand, assist, and honor those who need our care, always placing our loved ones at the center of every decision and conversation.

MONDAY, MARCH 9TH & TUESDAY, MARCH 10TH
FROM 8AM-5PM

All hand-outs, treats, breakfast, lunch, dinner OFFERED AT NO COST TO ATTENDEES.

RSVP: gini.cunningham@sbcglobal.net
or call 775-304-2899

Presented in conjunction with Winnemucca Alzheimer’s Support Group and Age- and Dementia-Friendly Winnemucca

In the nick of time – a valuable presentation for our community.
A fitting pink sky as we moved into masks, distancing, lockdowns, and new health and safety measures

Humboldt Sun Advertisement

How’s your memory and cognition?
Do you activate critical and analytical thinking several times every day?
  Do you respond to questions with: “But what if...?” “Why?”
Have you recently taken up a new hobby or challenged yourself to a wild adventure?
  Are you reading books and articles that stimulate your mind?
  Are you sticking to your resolutions?
    Exercising daily
    Eating well
    Socializing
  Serving and supporting others with goals outside of yourself?
Your Brain Power Expands Horizons – www.adf-winnemucca.com
As covid-19 we slip into virtual, Zoom presentations to continue our connections.

The Alzheimer’s Association online offered many programs to continue our goals of education

JOIN US ONLINE EDUCATION PROGRAMS
Presented by the Alzheimer’s Association®

PROGRAM DESCRIPTIONS
Presented by the Alzheimer’s Association®

**Effective Communications Strategies** Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer’s and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

**Healthy Living for Your Brain and Body** For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.
10 Warning Signs of Alzheimer’s Alzheimer’s and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer’s Association resources.

Understanding and Responding to Dementia-Related Behavior Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

Dementia Conversations Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

Understanding Alzheimer’s and Dementia Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer’s Association resources.

TO REGISTER OR LEARN MORE, PLEASE CALL 800.272.3900 OR ONLINE AT ALZ.ORG/CRF
MOBILIZING BELIEFS

1. People are living with dementia. Our job is to de-stigmatize dementia to see beyond this tragedy.
2. People living with dementia are not their diagnosis – they are human.
3. If you know one person living with dementia, you know one person living with dementia.
4. People living with dementia are the experts in the experience of dementia. They can contribute in meaningful ways.
5. People living with dementia communicate and express themselves in valuable ways.
6. There is no such thing as “behavioral and psychosocial symptoms of dementia.” Behaviors are, instead, a means of communicating a want or need.
7. Locks may make caregivers feel secure while causing the person living with dementia to feel trapped.
8. “Redirection” may be helpful at times, but it also distracts and manipulates instead of seeking understanding.

9. Communities need to provide adaptations and supports for those living with dementia or cognitive impairment. Think of these as “cognitive ramps.”

10. Communities need to provide affordable, accessible, and pro-active supports and services.

11. People living with dementia should never be segregated or treated like criminals.

12. Persons living with dementia should have access to affordable person-centered and relationship-centered care.

13. Most forms of dementia are degenerative, but people living with dementia can still grow and thrive.

14. Engagement, autonomy, and partnerships promote improvements in quality of life.
June

Respite included planting seeds and watching them grow.

Humboldt Sun Advertisement

www.adf-winnemucca.com

Maintaining Connections
Even though we must remain separated from loved ones, there are ways that families and friends can stay connected.

1. Purchase a special favorite movie and send it to loved ones to enjoy.
2. For long-term entertainment, organize a Netflix account for a loved one.
3. Put together a collage of old photos and/or movies and copy it onto CDs and share.
4. Sign up for Zoom, Bluejeans, GoogleChat, or other format and begin a daily or weekly conversation. Seeing bright and friendly faces brings joy.
5. If your loved one does not have access to an iPad or other electronic device equipped with WIFI, now might be the perfect time to invest in birthday/holiday gift. Be prepared to set up everything and then explain the intricacies of the new device.
6. Begin a postcard campaign – a card-a-day touches the heart and creates bridges. Don’t have any postcards on hand? Recycle old greeting cards by tearing off the front and using the free space on the back for a quick note plus an address and stamp for mailing.
7. Call family and friends. No email; no text. Hearing a gentle voice is wonderful.
8. Some folks are not able to get outside and complete yardwork. Arrive on the scene with rakes, hoses, shovels, and trash bags and go to work.
9. Place a couple of flower pots with cascading blooms as a perfect addition for the front steps.
10. Stay positive. While conversations may turn heated or filled with frustration, listen and divert into more pleasant topics when feasible and appropriate.

July

As long as the weather remained pleasant, we continued respite out-of-doors.
Age- and Dementia-Friendly Winnemucca
Humboldt Volunteer Hospice
Present the
2nd Annual
Sprint Triathlon – Live or Virtual
Saturday, September 19, 2020

Register today with late registration continuing up until start of the fun
Packet pick-up and festivities: 6:30-7:00 am in front of the pool
Swimming begins at 7:00 (top competitors first; the rest to follow)

Where:
Swim – Bode Howard Pool (1/3-mile)
Bike – 6-mile double loop from pool to Winger’s, around neighborhoods and
Offenhauser with return to pool
Run – from pool clockwise loop to East Winnemucca Blvd, Highland, Hansen, then
Haskell to pool (3-mile).

Cost:
$25 per registrant (participating in all events or just 1 or 2)
Individual or teams welcome.
Checks payable to: Alzheimer’s Awareness
Contact Gini Cunningham for additional details and registration form.

Register yourself at www.strava.com to chart your time
All proceeds will be used for Alzheimer’s Awareness expansion at our Fitness Park
and respite services through HVHospice

For more information and to register contact:
ginilc25@gmail.com or
www.adf-winnemucca.com
August

Mormon Cricket infestation - did you know that black widows burrow into holes in the desert?

Humboldt Sun Advertisement

Age- and Dementia-Friendly Winnemucca Presents
Zoom Educational Opportunities
Each Wednesday beginning at 5pm
Meeting Code: 353 064 2536
Password: Gini

Download “Chrome”
Download “Zoom”
Click “Join”
Listen, Learn and Share

Schedule:
September 9th – iPads for fun, interaction, and communication
September 16th - Alzheimer’s disease and other dementias
September 23rd - Parents turned homeschool teachers.

September 30th – Healthy You: Diet, Exercise, Creative Pursuits
October 7th – Mobilizing Beliefs for Age & Dementia Friendly Winnemucca, Nevada, & the USA
September

SECOND ANNUAL
Sprint Triathlon
WINNEMUCCA, NEVADA

SWIM ~ 1/3 Mile  BIKE ~ 12 Miles  RUN ~ 3 Miles

Fun and Competition – Fund-Raiser for Appreciation Wall and Benches
October

Humboldt Sun Advertisement
Age- and Dementia-Friendly Winnemucca
&
Humboldt Volunteer Hospice
Proudly Thanks
the Terrific Participants of our
2nd Annual Sprint Triathlon!
Shelly Drake
Andree Rose
Judge Montero
Patty Ellifritz and The Mad Hatter
Jim Dandy Productions

Congratulations to 2-Time Champion – Alicia Heiser
Men’s Champion – Chad Farstreet
Team – BLM Fire – Chris Brown, Curtis Gilstrap, Jaxon Brown
Family – The Barrons – Ashlee Riddle, Allison Bliss, Jake Barron
Virtual Champions – Mary Agnes Boni and Dustin Pefley
Join Us Next Year – September 18, 2021!!
Our new printer saves us money as we complete our own jobs.

November

Live and Virtual Events
Humboldt Sun Advertisement

Holidays Are Fun – Regardless of Cognitive decline!

Although Thanksgiving and Christmas 2020 will be quite different because of masks and social distancing, there are still ways to interact. Memory loss hurts and disrupts life but possibilities for positive communication help:

- Create a memory book of today.
- If challenges arise when solving a problem, regroup and redeploy. Present simple choices.
- Baking cookies or creating a design is entertaining when complications are avoided. Maintain patience and keep it simple.
- Sometimes familiar times, routines, and places appear strangely new and frightening.
- Sidestep unfamiliar surroundings and mass confusion
- If words are chaotic or writing jumbled, listen, sort, nod, and smile.
- If something is misplaced or lost, roll with it. Stay calm and replace confusion with tranquility.
- If your formerly gregarious loved one now prefers solitude, control the situation with limited visitors and bewildering situations.
- Moods change; personalities morph. Remain upbeat and happy; steer clear of confrontation and corrections.

Holidays and family gatherings often draw people together. Engage your love one with dementia in conversations of concerns, worries, and important decisions. Matters in the open offer an opportunity to discover the best solutions. If the conversation becomes contentious, pause, retreat, regroup, and determine a good time to proceed.

2020 Turkey Trot November 26th
Mayor Rich and Debbie Stone Launched the Staggered Start

Winnemucca Wrestling Club United Forces

Nothing Like a Beautiful Morning Run!
POSITIVE HOLIDAY ENVIRONMENT
Holidays Are Fun – Regardless of Cognitive decline!
Although Christmas 2020 is quite different than any in the past because of masks and social distancing, there are still ways to interact. Memory loss hurts and disrupts life but possibilities for positive communication help:

- Create a memory book of today. We tend to look at the long ago past, but how about designing a memory book about today with photo downloads of family, friends, projects and craft, favorite foods . . .
- If challenges arise when solving a problem, regroup and redeploy. Why ask, “What do you want to wear today?” or “What do you want to eat?” Present 2 choices – this or that.
- Baking cookies or creating a design is entertaining when complications are avoided. Maintain patience and keep it simple – a box-mix cake or pre-cut shapes and paste.
- Does it matter if gifts are opened early or ice cream devoured before dinner? Sometimes familiar times, routines, and places appear strangely new and frightening.
- Sidestep unfamiliar surroundings and mass confusion. A few people in a room, speaking softly and interacting gently, produce the best environment for conversation.
- If words are chaotic or writing jumbled, listen, sort, nod, and zip lips demeaning corrections arise.
- If something is misplaced or lost, roll with it. Stay calm and replace confusion with tranquility.
- If your formerly gregarious loved one now prefers solitude, control the situation with limited visitors and bewildering situations.
- Moods change; personalities morph. Remain upbeat and happy; steer clear of confrontation and corrections.

Holidays and family gatherings often draw people together. Engage your love one with dementia in conversations of concerns, worries, and important decisions. Matters in the open offer an opportunity to discover the best solutions. If the conversation becomes contentious, pause, retreat, regroup, and determine a good time to proceed.

Additional info and support: Gini Cunningham – ginile25@gmail.com
www.atz.org • www.adf-winnemucca.com
Humboldt Sun Article
Love, Dignity, and Alzheimer’s
10 Ways to Love Your Brain

The following information comes from a flyer distributed by the Alzheimer’s Association reminding us to guard our brains. Evidence demonstrates that we can each reduce some cognitive decline risks by adopting a healthy lifestyle. Good habits advance the strength of the body and the brain. These are all familiar to you, but sometimes a prompt and a little shove motivate us to get on track. Written for you in no particular order because all are important, you can rearrange these to best suit your personal needs – like place your successes at the beginning of the list so that you can constantly celebrate your drive to expand excellent health. Or you may order them from the most significant change necessity to the least, the “I’ve got it under control!”

**Hit the books:** Formal education reduces the risk of cognitive decline and dementia. It makes sense – fill your head with knowledge and there will be no gaps for forgetfulness.

**Butt out:** As in quit smoking. This makes sense as smoking reduces oxygen to the brain and vigorous brains require ample oxygen.

**Follow your heart:** Cardiovascular disease and stroke rob the brain of function and reliable thinking. Check your blood pressure, follow dietary guidelines if you have diabetes, and if you’ve gained a few pounds commit to shedding them ASAP.

**Heads up:** Brain injuries may increase the risk of cognitive decline and dementia. Wear a helmet when riding a bike or playing contact sports. Avoid adventures that may lead to a head injury.

**Fuel up right:** What feeds the body feeds the brain. Yep, we all know fresh fruits, vegetables, nuts, and whole grains are good for us. You will discover that once you start shopping for healthy foods or perusing menus for the wisest choices, eating with good nutrition in mind is pretty easy.

**Catch some zzzzz:** This may be one of the hardest for me. Because I rise early, I tend to fall asleep early. Then after 4-5 hours of hard snoozing I awaken to toss and turn for a few hours before drifting off, but still waking up long before the chickens have even considered arising. Relaxing will help.

**Take care of your mental health:** During the time of covid-19 with separation and health concerns at the forefront, there is an increase of depression which often links to cognitive decline. Being alone and lonely, with no isolation end in clear sight, is challenging. You do not have to go it by yourself – seek professional intervention.

**Buddy up:** Staying social and engaged supports brain health. A Zoom call is a connection to a lovely face that you have been missing. A drive-by to wave at friends can enrich your being. Gathering in a small group out-of-doors with social distancing does not replace a hug, but it can help.

**Stump yourself:** Challenge your mind with games, new hobbies, and probing deep, intense questions that require research, consideration, and discussion. Too much television or screen time depletes mind potency and vigor. Get that brain a-ticking.

**Break a sweat:** I saved this for last because, well, you know me. What would I do without jogging? After completing a virtual Sprint Tri I find myself back at the pool, energizing my fitness routine. Signing up for and completing virtual events tunes my body and my soul.
There are so many good causes and opportunities that I could register for this year and next – but I am exercising restraint so that I can maintain my capability platform.

Be wise, be careful, and take good care of yourself. Take advantage of chances to further develop a healthy body and brain while transmitting that delight to others. Some ask me how I can get excited about 10 seemingly mundane tidbits of information on healthy living. Well, it does not take much to get me fired up and moving. Lamenting the cancellation of the San Jose Half, I realized I could just complete this on my own. The difference being I decide the date and time, accept that there will be no live bands or cheer squads and acknowledge no medal or shirt at the end. Searching online I found several virtual events to suit my needs: no travel, no set time/date, no nervous anxiety waiting to hit the route, no walking bunches to impede my running path. In place of the “no”, the big “yes” includes medals and terrific covid-19-awareness shirts. While I do not “need” these awards, I do love them!
SMART Goal #31 – Partner with City of Winnemucca, Nevada Outdoor School, Main Street Winnemucca, and others to re-create the Community Garden with our emphasis on paved trails for easy access of walkers and wheelchairs, raised beds to easily reach plants, and a special garden dedicated to the efforts of Age- and Dementia-Friendly Winnemucca. We will also be available to follow guidance from the City on the Master Plan regarding irrigation systems, weeding, maintenance, plot designation, and planting plants that look good and survive in our climate.

Several years ago Age- and Dementia-Friendly Winnemucca joined with Community Garden leaders to begin the refurbishing of the garden. Unfortunately, confusion appeared to take over plus the Garden was in such disrepair that bulldozing it and starting fresh seemed to only viable solution. The Spring of 2020 brought covid-19 and so the Garden sat, but with 2021, a vaccine, and a summer that promises opportunities for returning to activities such as gardening, we are ready to assist and bring this project back to life. With City guidance our goals are a paved walkway, raised beds, and benches. As work begins, we can watch and guide each step forward.

With the superb guidance of City Manager and our motivation, we can begin the improvement and advancement of the Garden.

Someday Covid-19 isolation will end and our new lives will begin. We will be ready with a new watering system, beds, and everything ready for gardening success.

Because initial planning will be via Zoom, as the weather warms and a vaccine arrives, planting and enjoying the out-of-doors will be possible.
Appendix A

Smart Goal Template

Specific
Measurable
Achievable
Relevant
Timely