

NLRCC SPOTLIGHTS



Cory Lutz

Cory has worked for years as a Respite Director, making sure caregivers have the resources they need. These caregivers didn't know what was available, that there were people to help. These families thought they were all alone. When they meet Cory, they start a relationship that will last year after year!

Cory's history with the Coalition has been long and varied. She has stayed involved because respite is important, and the state needs a foundation for respite services and support. She sees the help the Coalition provides in getting respite to families - and she really would like to help rural areas get more respite options.

She loves her work in respite – knowing families are getting a break and are renewing the relationships they have together – especially because of the outcome stories she gathers about respite breaks. She hears renewed passion in family caregiver's voices about providing care, instead of seeing it as a chore.

She volunteers with the Coalition and with other activities such as the Alzheimer's Walk. It's fun, people are enjoying themselves, and it is meaningful to participants. She loves the "flower garden" that is created where each flower represents a different role, a different reason to be there in support of those with dementia.

Cory loves to learn as much as she can. She is currently in Bravo Zulu training for dementia caregiving (Bravo Zulu speaks to military service and its impact on the aging process) and has completed CARES dementia training to be a CARES Champion – an individual who seeks training above and beyond what is required of them to better support people living with dementia.

Cory has a big heart – so she loves to rescue animals. She has 4 rescued dogs (one most recently was found wandering on the road) and 1 cat who wriggled into Cory's heart by sitting outside the house and crying all night. It might not surprise you that her goal as a kid was to be a veterinarian (she worked in a vet's office in high school) but she got an Associate's Degree in Criminal Justice with thoughts of working in juvenile probation. Her dad convinced her that her heart would be broken too many times, so she switched and landed here in the world of respite.

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Kathy Doyle

Kathy was introduced to the Nevada Lifespan Respite Care Coalition by members she came across when she was having surgery and looking to arrange coverage for her kids while she recovered.

She was able to arrange respite through friends and neighbors. She now helps these friends and neighbors with their kids since they took care of hers. But she attended the Coalition's Respite Summit in 2012 and has been connected to the organization ever since.

When the Coalition membership struggled to have representatives in the North, Kathy joined Susan Gulas (a former President of NLRCC) to provide representation. Serving on the Coalition has been a learning experience – to gain perspective from different voices and practical help for herself. Kathy would personally like to see the Veteran's Administration coordinate care better with other healthcare providers and avoid mistakes due to poor communication.

Kathy volunteers with the Coalition and other organizations to keep busy and involved and help other people. She believes when she gives of herself, that gift will come back to her 10-fold – but not always as she expects!

Kathy was a “foster mom” to a whole football team. A high school team had players who had aged out of foster care and were to be transferred to a Cottage Program outside of the school zone. So, Kathy became their mom so they could continue to play on the team. She called these boys and their teammates her “football team” and often had 15-20 players visiting in her two-bedroom apartment. She taught them practical skills such as preparing menus, cooking, cleaning, and even sewing on buttons. They may have balked at these requirements but the guys have come back many times to thank her for giving them skills they could use when they went to college and had to care for themselves.

Kathy is a veteran. She served in the Army National Guard with the 101st Airborne until they went regular Army – and she decided it was time to get out.

Kathy is working on certification for Powerful Tools for Caregivers course and hopes to be a trainer for Powerful Tools in the near future. She likes how the course give family caregivers self-care tools and helps them be proactive in dealing with difficult conversations with family and recipients of care.

