



Annual  
DELAWARE  
Dementia  
Conference  
11.16.2016

CHAPTER PROGRAMS  
& SERVICES

24/7 Helpline 800.272.3900

Care Consultation

Caregiver Support Groups

Early Stage Initiatives

- Support Groups

- REC Center

- Peer to Peer

Safety Services

Diversity

Julie H. C. Bailey Learning  
Academy

- Consumer Education
- Professional Education
- Annual Dementia  
Conferences

TrialMatch®

Advocacy

For more information on all  
our programs & services,  
please call our 24/7 Helpline  
at 800.272.3900 or find us at  
[www.alz.org/delval](http://www.alz.org/delval).



alzheimer's  association®



**Olivia Ames Hoblitzelle, M.A.**, will present *Joys & Sorrows: Spiritual Perspectives on Living with Alzheimer's* for the keynote session. (1.25 CE hours)

Ms. Hoblitzelle is a writer, therapist and dharma teacher. She taught in the field of Behavioral Medicine where she pioneered how to bring meditation, yoga and cognitive therapy into the medical domain to treat stress-related and chronic illness. She helped to develop one of the first training programs in Mind/Body medicine in the country and trained health professionals through Harvard Medical School. Author of the award-winning book *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's*, her next book *Aging with Wisdom* will be published in 2017.



**Sandra Edmonds Crewe, Ph.D., MSW, ACSW**, will present *Caregiving: Creating a Win-Win Experience* for the plenary session. (1.25 CE hours)

Dr. Crewe has dedicated her career and life to improving the quality of life for African Americans as well as other underserved and marginalized populations. Currently, she is dean of the School of Social Work at Howard University, Washington, DC. She is also a professor and director of the Multidisciplinary Gerontology Center and is Chair of the NASW Aging Specialty Practice Section. Dr. Crewe is recognized as an expert in housing and caregiving—with an emphasis on quality of life across the life span. She has been a recent guest on AARP E Street, Mandela Fellow Washington Institute—U.S. State Department, Caregiver SOS and more. Dr. Crewe has numerous publications and is a widely sought public speaker on caregiving, cultural competence and quality of life.



**James M. Ellison, M.D., MPH**, will present *The Spectrum of Mild Neurocognitive Disorders* in an afternoon breakout session. (1.5 CE hours)

Dr. Ellison is the Swank Foundation Endowed Chair in Memory Care and Geriatrics at Christiana Care Health System. His clinical practice is at the Swank Foundation Memory Care Center in Wilmington, where he also teaches and carries out research aimed at improving the care of patients with dementia and increasing the supports available to their care systems. He is board certified in adult psychiatry with added qualifications in geriatric psychiatry. The AAGP honored him with its award for Educator of the Year in 2010, and the Massachusetts Psychiatric Society awarded him its 2014 recognition for advancement of the profession. Dr. Ellison is an active member of the Alzheimer's Association Delaware Valley Chapter Medical and Scientific Committee.



**Arnold Bakker, Ph.D.**, will present *Concepts in the Evolution of AD & Treatment Approaches* in a morning breakout session. (1.5 CE hours)

Dr. Bakker is a faculty member at Johns Hopkins University in the Division of Psychiatric Neuroimaging with joint appointments in Psychological and Brain Sciences and the School of Public Health's Department of Mental Health. He also serves as the director of the Neuroimaging Program in Psychiatry and Behavioral Sciences at Johns Hopkins University. Dr. Bakker's research and teaching activities focus on the cognitive neuroscience of human memory. He studies the neural mechanisms underlying both normal memory function and impaired memory function in aging and disease using neuropsychological assessment, experimental behavioral assessment and particularly advanced neuroimaging methods.

## CONFERENCE SCHEDULE

- 8:00—8:45** Check-In / Registration / Continental Breakfast / Exhibit Area Open
- 8:45—9:00** Welcome & Opening Remarks
- 9:00—10:15** **Keynote Session**  
*Joys & Sorrows: Spiritual Perspectives on Living with Alzheimer's*  
Oliva Ames Hoblitzelle, M.A.
- 10:15—10:30** Break / Exhibit Area Open
- 10:30—12:00** **Morning Breakout Sessions (SELECT ONE)**
- 12:00—12:15** Exhibit Area Open
- 12:15—1:15** Lunch
- 1:15—2:45** **Afternoon Breakout Sessions (SELECT ONE)**
- 2:45—3:00** Break / Exhibit Area Open
- 3:00—4:15** **Plenary Session**  
*Caregiving: Creating a Win-Win Experience*  
Sandra E. Crewe, Ph.D., MSW, ACSW
- 4:15—4:30** Evaluation & Name Tag Submission, Professional CE Credit Check-Out

FOR MORE INFORMATION:

**800.272.3900**

**alz.org/delval**

### VISIT THE EXHIBITS & LEARN ABOUT LOCAL RESOURCES

Our sponsors and exhibitors help to make this conference possible. Please take time throughout the day to learn about what is available in your community.

**8:00 am—8:45 am**

10:15 am, 12:00 pm & 2:45 pm

***"Great conference! I'm looking forward to next year!"***

—2015 Conference Attendee

## THANK YOU TO OUR 2016 CONFERENCE SPONSORS

### Presenting Sponsor



### Major Sponsors



**DELAWARE HEALTH AND SOCIAL SERVICES**  
Office of the Secretary  
Long-Term Care Ombudsman Program



### Registration Sponsor



### Supporting Sponsors



## CUSTOMIZE YOUR LEARNING EXPERIENCE WITH SPECIALIZED SESSIONS.

Session space is limited. Please register early to ensure your session preference.  
For session learning objectives or to register online go to [act.alz.org/2016DEconference](http://act.alz.org/2016DEconference).

### SESSION KEY:

- G** **General**—These sessions are more general and appropriate for family caregivers, care partners, friends and all levels of professionals.
- AP** **Advanced Professional**—These sessions are for healthcare professionals with advanced clinical and practical knowledge. Advanced content and medical terminology will be presented.
- E** **Early Stage**—These sessions are appropriate for persons living with dementia in the early stages.

### MORNING SESSIONS (10:30 am—12:00 pm)

- AP** **[A] Concepts in the Evolution of Alzheimer's Disease & Treatment Approaches**  
**Arnold Bakker, Ph.D.** (*Johns Hopkins Bakker Memory Laboratory*)  
This presentation will provide an overview of the important concepts in the progression of Alzheimer's disease and Alzheimer's disease research. Current treatment approaches and clinical trials focused on the treatment of Alzheimer's disease will also be discussed.
- G** **[B] Green Skies of Dementia: Understanding Language & Behavior**  
**Mary Austin, MSN, RN, NHA** (*NewCourtland Senior Services*)  
Incorporating touching real-life scenarios, this presentation will provide a framework for understanding the experience of dementia beginning with an overview of its physical and cognitive effects and applying this understanding to the behavior and communication issues that are often so challenging. This session will provide supportive advice and tools that are energizing and affirming and that can be used to train and support others.
- G** **[C] Recreation with a Purpose Through Meaningful Engagement**  
**Cara Ellis, BS, RD, CDP, CPIT** (*Genesis HealthCare*)  
In this session you will learn the ways that dementia impacts an individual's ability to function in his/her leisure/free time. You will realize and be able to define the benefits of recreation with a purpose through meaningful engagement. The importance of utilizing an individual's life story in combination with knowledge of a person's strengths and abilities will be discovered and help you be successful at engaging someone you care for at a facility or at home. If you work in a facility, we will also discuss successful group leadership skills.
- G** **[D] Dance/Movement Therapy and Sensory Stimulation: A Holistic Approach to Dementia Care**  
**Natasha Goldstein, MA, BC-DMT**  
This interactive workshop will explore how sensory stimulation techniques within dance/movement therapy function as a catalyst for promoting wellness, improved cognition and quality of life for individuals with a dementia diagnosis.  
**E**
- AP** **[E] DMOST—A New Tool in Advance Care Planning**  
**John Goodill, M.D., FACP, FCCP** (*Christiana Care Pain Management & Palliative Care Program*)  
This workshop will cover an overview for providers of the DMOST tool in the context of advance care planning, including its purpose, history and evidence base. Attendees will discuss step by step how to recognize, create, document and honor the DMOST form.



Network with 630+ fellow caregivers and professionals while learning the latest in Alzheimer's from dementia experts. Ten specialized and engaging breakout sessions are offered to customize your learning experience!



## AFTERNOON SESSIONS (1:15 pm—2:45 pm)

- [F] The Spectrum of Mild Neurocognitive Disorders**  
**James M. Ellison, M.D., MPH** (Christiana Care Health System)  
 The new DSM 5 “Mild Neurocognitive Disorder” diagnosis, along with Subjective Memory Impairment and Normal Cognitive Aging, form a spectrum of cognitive decline syndromes that fall below the threshold of a dementia diagnosis. Knowing how to recognize these pre-dementia syndromes and how to intervene allows us to offer affected individuals and their caregivers more options for early intervention as well as planning for the future.
- [G] Dementia Care Dining**  
**Cara Ellis, BS, RD, CDP, CPIT** (Genesis HealthCare)  
 This interactive workshop will focus on how to provide person-centered dining for those with dementia. Attendees will learn how to individualize assistance and customize the preparation of meals. Also addressed will be the importance of mealtime flexibility and strategies for dining-related issues.
- [H] End Of Life Care for Dementia**  
**John Goodill, M.D., FACP, FCCP** (Christiana Care Pain Management & Palliative Care Program)  
 This workshop will review the demographics, pathophysiology and natural history of dementia. Attendees will learn about treatment and best practices for the care of people with advanced dementia, with specific focus on advance directives, DMOST, feeding tubes and other life support measures.
- [I] Living Well with Alzheimer’s Disease**  
**Julie Thomas, RN, MS and David J. Johnson, BA** (Alzheimer’s Association)  
**Tom Brophy** (Delaware Valley Chapter Early Stage Advisory Counsel)  
 This session is intended for those in the early stages of Alzheimer’s disease or a related diagnosis, their care partners and professionals interested in learning about the needs of early stage individuals. Attendees will learn the challenges of early stage cognitive impairment as well as the possibilities for living well with the diagnosis through personal accounts of individuals in early stages, testimony from a member of the Delaware Valley Early Stage Advisory Council and association staff.
- [J] Overcoming Medication Related Challenges when Caring for Older Adults with Dementia**  
**Nicole Brandt, PharmD, MBA, CGP, BCPP, FASCP** (University of Maryland School of Pharmacy)  
 The session will describe common medication-related challenges that practitioners and care providers face when managing Alzheimer’s disease. Some of the topics that will be addressed consist of using psychopharmacologicals (e.g. antipsychotics); medications to treat AD as well as the caregiver burden of medication management. Evidence and resources that will help to overcome these clinical conundrums will be reviewed.

### ENHANCE YOUR CONFERENCE EXPERIENCE

- Are you traveling a long distance to the conference? **Book a room at a discounted rate of \$149 plus tax and fees using code “GALZ16” for the night of November 15 at Dover Downs. The reservation cut-off date is November 16. For reservations, call 866-473-7378.**
- Stay Comfortable - **bring a sweater or jacket.** Room temperatures can vary, so come layered.
- If you come with a team from your workplace, **split up** and go to different sessions for a variety of information to share with your organization.

# Annual DELAWARE Dementia Conference 11.16.2016

## DIRECTIONS:

**Dover Downs Hotel & Conference Center**  
1131 N. DuPont Hwy.  
Dover, DE 19901

### **From Philadelphia and Wilmington:**

Take I-95 South from Philadelphia, through Wilmington, to Route 1 South. Follow Route 1 to Dover, Exit 104. Turn left onto Route 13. Dover Downs will be on the left.

### **From the South:**

Take Route 1 North to Dover, Exit 104. Turn left onto Route 13. Dover Downs will be on the left.

*\*Dover Downs is wheelchair accessible\**

[doverdowns.com/  
how-to-find-us](http://doverdowns.com/how-to-find-us)  
800.711.5882 or  
302.674.4600



# alzheimer's association®

## REGISTRATION & EVENT POLICIES

- Have a question about the conference? **Call 800.272.3900 (M-F, 9-5pm)**
- **CANCELLATION POLICY:** Refunds will not be provided for any reason after October 26.
- **Breakout session space is LIMITED.** Please **register EARLY** to ensure your session preference, as we will be closing breakout sessions as they become full. Please be sure to mark a second choice for AM & PM and/or call 800.272.3900 (9am-5pm, M-F) to check session availability.
- All registrations include **continental breakfast** (available 8am-8:45am) & **lunch** (begins promptly at 12:15pm).
- We would like to use **photographs** from our conferences in our promotional materials. By virtue of your attendance, we reserve the right to use your likeness in such materials.
- **Ways to REGISTER:**
  - We strongly encourage you to register **ONLINE** at [act.alz.org/2016DEconference](http://act.alz.org/2016DEconference) and pay by credit card.
  - **Phone:** Call 800.272.3900 (9am-5pm M-F) & pay by credit card.  
**DEADLINE: November 11.**
  - **Mail:** one completed form per registrant & pay by check or credit card.  
**DEADLINE: November 8. Please mail registration form & payment to:**  
Alzheimer's Association ~ 240 N. James St., Suite 100A ~ Newport, DE 19804  
Attn: DE CONFERENCE

## CONTINUING EDUCATION CREDITS:

Please review the below disciplines that CE hours have been applied for before registering:

### **Registered Nurses**

**5.75 nursing contact hours are pending approval.** This activity has been submitted to DE Nurses Association for approval to award contact hours. Delaware Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.  
**CE recipients must register, check in/out at the appropriate registration table, complete an evaluation and attend the entire day to receive CE credit.**

### **Social Workers**

**5.5 hours are pending approval** through the National Association of Social Workers (NASW).

For information on learning objectives visit [act.alz.org/2016DEconference](http://act.alz.org/2016DEconference).

**Certificates will be emailed within 30 days after the conference.**

*This CE activity is underwritten by unrestricted educational grants from our sponsors. Approval of this continuing education activity refers to recognition of the educational activity only and does not imply approval or endorsement of any product. The planners, presenters, content specialist, feedback personnel and commercial support entities confirm no conflict of interest for this conference.*

**For questions, grievances, or instructions for requesting accommodations for individuals with disabilities (ADA), contact [kristina.prendergast@alz.org](mailto:kristina.prendergast@alz.org).**

*"Perfectly informative as always." —2015 Conference Attendee*

## 2016 DELAWARE CONFERENCE REGISTRATION FORM

Please **PRINT** and complete **one form per registrant** or register **ONLINE** at [act.alz.org/2016DEconference](http://act.alz.org/2016DEconference). Please read the registration & event policies section of the brochure on the previous page. Mail the completed form to:  
Alzheimer's Association ~ 240 N. James St., Suite 100A ~ Newport, DE 19804 Attn: DE CONFERENCE

Name: \_\_\_\_\_

Organization Name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

This is a company address:  Yes  No

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How did you hear about the conference?  
 Friend/colleague  Social media  Newspaper  24/7 Help-line  Email  Website  Net-working meet-

### BREAKOUT SESSION SELECTIONS: Please select ONE workshop for each session time.

**MORNING SESSION: 10:30 am—12:00 pm**

Circle the letter of the session you want to attend

1st Choice:    **A**    **B**    **C**    **D**    **E**

2nd choice (in case 1st choice is full): \_\_\_\_\_

**AFTERNOON SESSION: 1:15 pm—2:45 pm**

Circle the letter of the session you want to attend

1st Choice:    **F**    **G**    **H**    **I**    **J**

2nd choice (in case 1st choice is full): \_\_\_\_\_

### REGISTRATION TYPE

**CE Professional (\$100)** (includes CE hours\*) Please review the CE information and approval agencies on the opposite page.

\*One of the two options below must be selected. CE certificates will not be granted to any other profession. If your profession is not listed, then you must select non-CE professional or one of the other options and a general certificate will be provided in your folder. Full-day attendance is necessary to receive CE credits and an evaluation must be handed in at CE check-out no earlier than 4:15 pm. Certificates will be emailed within 30 days after the conference.

\_\_\_\_ Registered Nurses

\_\_\_\_ Social Workers

License # (required): \_\_\_\_\_

**Non-CE Professional (\$50)** (General non-CE certificates of participation are provided)

As a professional, which category best describes you: Administrator / CEO /  Management  Social Worker Nurse

Marketing Director / Department  Activity Professional /CTRS  Admission Director / Office Support  Volunteer

Clergy / Faith Community  PT, OT or SLP  Case Manager  Registered Dieticians (RD)  Counselor

Other: \_\_\_\_\_

**Nursing Assistant or CNA (\$40)**

**Family Caregiver\* (non-professional) or Full-Time Student with ID (\$30)**

\*A limited number of scholarship are available for family caregivers in financial need. Call 800.272.3900 (M-F, 9-5pm) to inquire about availability.

### PAYMENT INFORMATION—Payment is due with this registration form

**Payment by Check**      Check # \_\_\_\_\_      Payable to: Alzheimer's Association

**Payment by Credit Card:**    Visa    Master Card    AMEX      Exp. date: \_\_\_\_\_      Security code: \_\_\_\_\_

Credit card number: \_\_\_\_\_      Signature: \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_      Amount: \$ \_\_\_\_\_

**All registrations include continental breakfast (available 8:00am-8:45am) & lunch (begins promptly at 12:15pm).**



Delaware Valley Chapter  
399 Market Street, Suite 102  
Philadelphia, PA 19106



Space is limited. Register ONLINE today: [act.alz.org/2016DEconference](http://act.alz.org/2016DEconference)  
alz.org/delval 800.272.3900

alzheimer's association®  
Delaware Valley Chapter  
**Annual Delaware  
Dementia Conference**  
Wednesday, November 16, 2016



**Dover Downs Hotel &  
Conference Center**  
1131 N. Dupont Hwy.  
Dover, DE 19901  
8:00 am - 4:30 pm



*"I just love this conference!  
I always leave with something new."*

