

alzheimer's  association®

2017 Annual Southeastern Pennsylvania
DEMENTIA CONFERENCE

Empowering *Caregivers* & **Communities**



FEATURING:

Tam Cummings, Ph.D., author, gerontologist & internationally recognized educator
Linda Shumaker, RN-BC, MA, Pennsylvania Behavioral Health & Aging Coalition
Cherian Verghese, M.D., CPI, clinical research expert

JOIN THE CONVERSATION with specialized sessions, including:

End of Life & Palliative Care, Advocating for Persons with Dementia, Research, Medication Challenges, Compassion Fatigue, Understanding Behaviors, Activity Engagement and more.

Monday, April 24

The Events Center at Valley Forge Casino Resort

1160 1st Avenue ~ King of Prussia, PA

Dementia Conference 4.24.2017

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CHAPTER PROGRAMS & SERVICES

24/7 Helpline 800.272.3900
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Early Stage Initiatives

Support Groups
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Safety Services

Diversity

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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.

CONFERENCE SCHEDULE

8:00—8:45	Check-In / Registration / Continental Breakfast / Exhibit Area
8:45—9:00	Welcome & Opening Remarks
9:00—10:15	Keynote Session: Untangling Dementia <i>Tam Cummings, Ph.D.</i>
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 Dementia Capable Communities: Working Together <i>Remarks by Secretary Teresa Osborne</i>
1:15—2:45	Afternoon Breakout Sessions (SELECT ONE)
2:45—3:00	Break / Exhibit Area Open
3:00—4:15	Plenary Session: Understanding Behaviors <i>Linda Shumaker, RN-BC, MS</i>
4:15—4:30	Evaluation & Name Tag Submission, Professional CE Credit Check-Out

For more information: 800.272.3900, alz.org/delval

VENUE INFORMATION & DIRECTIONS: The Events Center at Valley Forge Casino Resort

1160 First Avenue ~ King of Prussia, PA 19406

<http://www.radisson.com/hotels/pavalley/locations>

From Philadelphia International Airport: Take Interstate 95 South to Interstate 476 North. Follow Interstate 476 North to Interstate 76 West and exit at Mall Boulevard. Bear right onto Mall Boulevard and proceed to the traffic light. Turn right onto Gulph Road. Follow for approx. 1.5 miles, turn right onto 1st Avenue. Hotel is on the left.

From North: Take the Pennsylvania Turnpike to Exit 326 (Valley Forge). Proceed through the toll booth and take the first exit, merging onto Gulph Road. Follow for approx. 1.5 miles, turn right onto 1st Avenue. Hotel is on the left.

From Harrisburg (West): Take the Pennsylvania Turnpike East to Valley Forge (Exit 326). Pass through the tollbooths and take the first exit for Valley Forge. Merge onto Gulph Road. Follow for approx. 1.5 miles, turn right onto 1st Avenue. Hotel is on the left.

From Delaware/Washington D.C (South): Take I-95 North to I-476 North. Continue on I-476 North and then travel west on Interstate 76. Continue until you come to the exit for Mall Boulevard. Bear right onto Mall Boulevard and proceed to the traffic light. Turn right onto Gulph Road. Follow for approx. 1.5 miles, turn right onto 1st Avenue. Hotel is on the left.

FEATURED SPEAKERS



Tam Cummings, Ph.D., will present *Untangling Dementia* as the keynote address and *Recognizing Compassion Fatigue in Ourselves and Our Colleagues* in an afternoon breakout session.

Dr. Cummings is an author and gerontologist in private practice in Evant, Texas. She has worked for more than two decades in skilled nursing and memory care communities as a director of social services and as a program director. Her books, *Untangling Alzheimer's Disease* and *The Final Year, The Final Moment*, provide family caregivers and longtime professionals with the knowledge, skills and understanding needed to care for people with dementia.



Linda Shumaker, RN-BC, MS will present *Understanding Behaviors* as the plenary session.

Ms. Shumaker is a registered nurse who is a private consultant as well as currently serving as Outreach Coordinator of the Pennsylvania Behavioral Health and Aging Coalition. She has previously been employed as the Executive Director of the Coalition where she advocated for funding to outreach and educate older adults regarding behavioral health issues. She introduced policies to encourage the Mental Health and Aging's "systems" of care to work cooperatively to serve older adults with behavioral health issues. Ms. Shumaker spearheaded Pennsylvania's Older Adult Suicide Prevention Plan, one of the first in the country, as well as advocating and obtaining a Mental Health Bulletin ensuring that adults with dementia and secondary psychiatric symptoms have access to mental health treatment. Ms. Shumaker also has worked at the Central Pennsylvania Psychiatric Institute, Penn State College of Medicine in Hershey, PA. Ms. Shumaker has extensive clinical experience working in community mental health, geriatric assessment teams and in long-term care. In addition, she has been an instructor of psychiatry at the Pennsylvania State University, College of Medicine, co-chair and founding member of the Pennsylvania Mental Health and Aging Coalition. She has served as a member of the Older Adult Committee of Pennsylvania Office of Mental Health and Substance Abuse Planning Council and a member of the Long Term Care Subcommittee of the Medical Assistance Advisory Committee.



Cherian Verghese, M.D., CPI, will present *Scientific Research Update: Alzheimer's Medications in Clinical Trials* in an afternoon breakout session.

Dr. Verghese is Board Certified in Psychiatry and Neurology. He is the Principal Investigator and Medical Director at Keystone Clinical Studies where he personally supervises all clinical work. He is considered an expert in the field of clinical research in CNS disease in the Philadelphia Metropolitan Area and has supervised 90 trials over the last 25 years. Prior to establishing Keystone Clinical Studies in 2003, he was Associate Chair of the Department of Psychiatry at Albert Einstein Hospital in Philadelphia. Dr. Verghese enjoys speaking and teaching and does 'Grand Rounds' at several local hospitals.

ENHANCE YOUR CONFERENCE EXPERIENCE

Network with 430+ fellow caregivers and professionals while learning the latest in Alzheimer's from dementia experts. Six specialized and engaging breakout sessions are offered to customize your learning experience!

- Are you traveling a long distance to the conference? **Book a room at a discounted rate of \$129 using code [DECOM online](#) at the Radisson. The reservation cut-off date is March 24. For reservations, by phone call **610-354-8118. Reference "Dementia Conference Room Block."****
- 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.

BREAKOUT SESSIONS

Session space is **limited**. Please register **early** to ensure your session preference.

Please review the **SESSION KEY** to select the appropriate session for your experience level.

 **General**—These sessions are more general and appropriate for family caregivers, care partners, friends and all levels of professionals.

 **Advanced Professional**—These sessions are for healthcare professionals with advanced clinical and practical knowledge. Advanced content and medical terminology will be presented.

 **Early Stage**—These sessions are appropriate for persons living with dementia in the early stages.

MORNING SESSIONS (10:30 am—12:00 pm)

 **[A] Ensuring Compassionate Palliative & End-of-Life Care for People with Dementia**
Mary Ersek, Ph.D., RN, FAAN, FPCN (University of Pennsylvania School of Nursing)
This presentation will describe palliative and end-of-life care and explore how these approaches to care can benefit people with dementia and their families. Types of clinical decisions that family members often make for people with advanced dementia and guidelines on how to make these decisions will be discussed.

 **[B] Engaging Individuals with Dementia in Activity**
Rachel Wiley, MS, OTR/L (Day By Day Home Therapy)
Often family members and professionals find it difficult to engage individuals with dementia in activity. This presentation will discuss ways to maximize engagement, various activity adaptations, and the benefits to activity engagement.

 **[C] Ongoing Recognition Regarding the Dangers of Over Medication in Older Adults**
Eileen L. Sullivan, Pharm.D. (St. Joseph's University)
As illnesses become more complex, medications continue to be prescribed at an increased rate especially in older adults. Absorption, distribution, metabolism and excretion of over-the-counter and prescription medications must continually be assessed in this patient population. This discussion will highlight the important physiologic aspects which require consideration for medication dosing in older adults, signs and symptoms of over medication in this patient population, and alternative medications/therapies for consideration in those at risk for over medication.

AFTERNOON SESSIONS (1:15 pm—2:45 pm)

 **[D] Recognizing Compassion Fatigue in Ourselves and Our Colleagues**
Tam Cummings, Ph.D.
Healthcare professionals working with people with dementia can sometimes experience emotional exhaustion that gives way to compassion fatigue. Attendees will learn to identify the physical signs and stages of compassion fatigue, common coping mechanisms and behaviors, and how to regain a sense of joy.

 **[E] Advocating for the Rights & Interests of Individuals with Dementia**
Diane Menio, MS (CARIE — Center for Advocacy for the Rights & Interests of the Elderly)
David Dyke (Early Stage Constituent & Advocate)
This session will provide information about individual rights and will cover ways in which persons with dementia and/or their caregivers can advocate for themselves. In addition, information will be provided about elder abuse, neglect and financial exploitation and how to protect oneself from becoming a victim.

 **[F] Scientific Research Update: Alzheimer's Medications in Clinical Trials**
Cherian Verghese, M.D., CPI (Keystone Clinical Studies, LLC)
This presentation will cover the history of Alzheimer's research and the pathophysiology of the brain changes in Alzheimer's disease. Disease modifying therapies and the amyloid-tau cascade will be examined.

THANK YOU TO OUR 2017 CONFERENCE SPONSORS

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VISIT THE EXHIBITS & LEARN ABOUT LOCAL RESOURCES

Our sponsors and exhibitors love this conference and help to make this event 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

"The food was phenomenal, vendors were appropriate and informative, and all the topics were fantastic."

"This was a wonderful experience to meet others in the field and share and learn together."

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 April 3.
- **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/2017SEPAconference and pay by credit card.
- **Phone:** Call 800.272.3900 (9am-5pm M-F) & pay by credit card. **DEADLINE: April 19.**
- **Mail:** one completed form [per registrant](#) & pay by check or credit card.
DEADLINE: April 13. 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

5.5 nursing contact hours are available for this program through Adventist WholeHealth Network. Adventist WholeHealth Network is an approved provider of continuing nursing education by Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Adventist WholeHealth Network does not imply nor provide its endorsement of any products that may be described, demonstrated, or used during this course. There have been no conflicts of interest disclosed by the participating faculty for this educational activity.

CE recipients must register, sign in/out at the appropriate registration table, complete and submit an evaluation at the end of the day (4:15 pm) and attend the entire day of sessions 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/2017SEPAconference

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.

2017 SE PENNSYLVANIA CONFERENCE REGISTRATION FORM

Please **PRINT** and complete one form per registrant or **REGISTER ONLINE** at act.alz.org/2017SEPAconference.
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: SEPA CONFERENCE

Name: _____

Address: _____

Organization Name (if applicable): _____

The address listed above is a company address: Yes No

Phone: _____

Email (participation certificates are provided by email post event): _____

How did you hear about the conference? Brochure mailed to home/work Email Friend/colleague
 Website 24/7 Helpline Social media Newspaper Networking meeting Other: _____

Optional Demographic Information (This information helps us to expand our outreach efforts): Age: _____

Race/Ethnicity: Black/African-American White/Caucasian Asian Hispanic/Latino Other: _____

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**

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: **D** **E** **F**

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.
*CE hours only offered for nurses and social workers. Full-day attendance, signing in/out, and submitting a completed evaluation and at CE check-out no earlier than 4:15 pm are necessary to receive CE credits. 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 Case Manager
 Marketing Director / Department Activity Professional / CTRS Admission Director / Office Support Volunteer
 Clergy / Faith Community PT, OT or SLP Registered Dieticians (RD) Counselor
 Social Worker *not requiring CE hours* Nurse *not requiring CE hours* Other: _____

Nursing Assistant or CNA (\$40)

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

*A limited number of scholarships 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).



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



Space is limited. Register ONLINE today: act.alz.org/2017SEPAconference

alz.org/delval

800.272.3900

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Delaware Valley Chapter

Annual SE Pennsylvania Dementia Conference

Empowering
Caregivers & **Communities**

Monday, April 24, 2017

The Events Center at Valley Forge Casino Resort
1160 1st Avenue ~ King of Prussia, PA

8:00 am - 4:30 pm

REGISTER



#ENDALZ

JOIN THE CONVERSATION @alzdval

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