



34th Annual Wisconsin State Conference  
May 3-5, 2020  
Kalahari Resorts & Convention Center  
Wisconsin Dells

Keynote Address and Workshop Descriptions

### SUNDAY, MAY 3

Please register for only **ONE** of the pre-conference seminars.

#### ***Pre-Conference Seminar #1 - Ethics and Boundaries Workshop***

TIME: 12:00 p.m. - 4:00 p.m.

**Presented by:** Jennifer J. Lang, MSW APSW, Social Worker – Froedtert Hospital, Adjunct Professor – UWM, Milwaukee & Mount Mary University

**Title:** Delivering bad news. Coping with the news... (1.5 hours)

**Description:** Social workers who work with Alzheimer's and dementia are often faced with delivering bad news to clients and families. Bad news could be the diagnosis, a change in disease progression, an inability to return to home, or any news that alters one's perception or plans for the future. This presentation will share communication skills, techniques, and approaches to working with clients and families during difficult life changing events. The social work values, ethics, and boundaries relative to the importance of communication skills will be discussed.

**Title:** Boundaries in a Social Work Setting (1.5 hours)

**Description:** Professional boundaries are a set of guidelines, expectations, and rules that set limits for safe, acceptable and effective care by workers. Boundaries influence our relationships with clients, families, colleagues, and students. Much of the literature on boundaries relates to clinical or therapeutic relationships. However, all social work settings offer the opportunities for boundary concerns, crossings, or violations.

**Title:** Resilience & Living Well as a Caregiver (1 hour)

**Description:** Social workers have rewarding but tough jobs. Daily social workers witness life changing events, mental and physical illness, and trauma. Delivering life changing news can also take a toll on the practitioner, so it is essential practitioners take care of themselves. Social workers are not immune to

reacting to the demands of their work, so in order to foster living and working well we need to maintain resilience.

*12:30 pm - 4:45pm - Pre-Conference Seminar #2 - Virtual Dementia Tour (VDT)*

**VDT's offered in 3 sessions (please register for only 1):**

12:30 - 1:45 p.m.

2:00 - 3:15 p.m.

3:30 - 4:45 p.m.

**Presented by:** Paula Gibson, Regional Director of Communications and Engagement, Azura Memory Care

**Hosted by:** Second Wind Dreams and Azura Memory Care

**Title of Program:**

Virtual Dementia Tour: Take a Walk in the Shoes of those with Memory Loss

**Description:**

The Virtual Dementia Tour (VDT) was created by P.K. Beville founder of Second Wind Dreams® (SWD®) an international, nonprofit organization. Founded in 1997, Second Wind Dreams' mission is to change the perception of aging through the fulfillment of dreams and educational programs including its flagship program, The Virtual Dementia Tour®.

The Virtual Dementia Tour by Second Wind Dreams is designed to give the participant an up close, hands-on experience that provides critical insight to those caring for people with dementia. When someone is diagnosed with dementia, it affects everyone: the family, long term care setting, hospitals, surrounding community, and friends. The Virtual Dementia Tour, has been used internationally since 2001 and helps shed light on some of the seemingly inappropriate and at times difficult behaviors exhibited by those with dementia. Millions of people worldwide have experienced the Virtual Dementia Tour and gained a better understanding of the issues facing both the caregiver and the person with dementia.

**Please note:** Space is limited for the Virtual Dementia Tour. Only 40 slots are available per session. Thank you.

5:00 - 7:30 p.m. - Welcome Reception with Speaker and Awards  
*Welcome Reception, Dinner and an awards program to follow.*

**Special Guest Keynote:**

Keith Fargo, Director of Scientific Programs & Outreach, Alzheimer's Association

**Title:** Alzheimer's Research Update: Creating Hope For The Future

**MONDAY, MAY 4**

**7:30 a.m. - Registration/Breakfast**

**8:00 a.m. - 4:00 p.m. - Exhibit Fair**

**8:45 a.m. - Welcome**

**9:00 a.m. -10:00 a.m.- Monday Morning Keynote Address**

**Presented by:**

Lola Awoyinka, Epidemiologist and Program Coordinator, Minority Health Program, Wisconsin Division of Public Health

**Title of Program:**

Disrupting Disparities: Forging the Path Toward Equity

**Description:**

Our health is shaped by far more than individual behavior and choices – it is deeply rooted in the context in which our lives are lived. That context is shaped by the opportunities available to us over the course of our lives (like where we live and what resources we have). When we pursue health equity we seek to create the conditions in which all people have a fair and just opportunity for health. In this conversation we will explore the factors that jeopardize those opportunities and drive disparities, and then discuss ways to disrupt those patterns and create more equitable outcomes.

**10:00 a.m. - 10:30 a.m. BREAK**

**10:30 a.m. - 11:45 a.m. Concurrent Workshops**

101

Review of and Updates from the Dementia Crisis Care Task Force of Sheboygan County

Mary Pitsch, CSW, MSW, CMC, Founder, Embrace Care Management & Managed Home Care  
Michelle LeMahieu, BSW, CDP, Social Worker, Pine Haven Christian Communities  
Chuck Butler, BAS, CEM, EMT-P, Assistant Fire Chief, City of Sheboygan Fire Department  
Kristy DeBlaey, BS, MS, EMD-Q, Lieutenant/ Communication Center Supervisor, Sheboygan County Sheriff's Office

How does a community collaborate to improve the care of persons with dementia in crisis? Members of the Dementia Crisis Care Task Force of Sheboygan County will share important lessons learned along the way through their collaborative process. They will give examples of a new uniform countywide process for dementia crisis including an overall paradigm shift and updates on its implementation over the past year. They will give real life case examples of the process and how it is working. Presenters will also share their efforts on sustainability and visions for the future.

Knowledge Level

Intermediate Level, Advanced Level

102

You Can Live Well with Dementia - Now and In the Future

Nancy Tischbein, Member Relations Manager, CSW, Inclusa  
Rebecca Mein, Regional Operations Senior Manager, Inclusa  
Kris Adams, Appeals and Grievance Coordinator, Inclusa

Creating a plan to address future legal, financial, and healthcare decisions is one of the most important steps you can take to prepare for the future. Similarly, understanding our personal history is vital so others know how best to support us when we cannot communicate in the same way. We may communicate using behaviors instead of words. Inclusa's Personal History Form and Dementia Toolkit Process facilitates discussions between a person with dementia and their support system to document a personal history that will promote living well with dementia now and into the future, creating a person-centered, adaptable action plan.

Knowledge Level  
Entry Level, Intermediate Level

103

What Can Exercise Do for Alzheimer's Disease? Strategies to Keep Moving

Max Gaitán, Research Specialist, Wisconsin Alzheimer's Disease Research Center  
Sarah Lose, Program Manager, Wisconsin Alzheimer's Disease Research Center

This workshop will highlight the benefits of exercise and physical activity for brain health in Alzheimer's disease (AD). There will be an overview of the pathology and symptomology of AD followed by an examination of research on the effects of exercise on pathophysiologic, cognitive, and functional changes associated with the preclinical AD, mild cognitive impairment, and AD dementia. The session will present strategies for incorporating exercise into the lives of patients with AD, as well as their caregivers. The session will conclude with a small-group workshop in which attendees may brainstorm barriers and solutions to exercise for patients and caregivers.

Knowledge Level  
Intermediate Level

104

Creatively Engaging People with Memory Loss (**Registration limit is 75 people**)

Shelly Rollins, Education Specialist, Schlitz Audubon Nature Center  
Trisha Blasko, Curator of Education, Racine Art Museum/RAM's Wustum Museum

Learn to design and implement creative engagement activities for people with memory loss with their care partner and how to adapt these programs to use in a group settings through expertise of the SPARK! Alliance. SPARK! is a cultural engagement experience for people with memory loss and their caregivers which started in 2009 and is now offered in over 20 organizations throughout Wisconsin and Minnesota. Education specialists from two SPARK! Alliance cultural institutions – art and nature—will explore ways to engage participants using visual imagery and multi-disciplinary sensory stimulants. Learn how to collaborate with local artisans and cultural organizations institutions within your community to build cohesive programs and work together to find ways to bring out individuality, emotional response and creativity in each person. This workshop will be hands-on, participatory and fun!

Knowledge Level  
Intermediate Level

105  
Effective Techniques for Enhancing Brain Health

Robert Best NHA MAPS, Executive Director, Oak Hill Terrace

In this workshop, participants learn how to include mental stimulation in their daily routine. Brain based exercises will stimulate both sides of the brain and boost memory. Learning experiences will focus on a variety of cognitive abilities and demonstrate that learning can be fun! Participants will practice various exercises that will enhance multiple areas of the brain.

Knowledge Level  
Entry Level, Intermediate Level

106  
Plan to Live Well-Optimizing Choices for People Living with Alzheimer's

Kate Schilling, Attorney, Greater WI Agency on Aging Resources  
Polly Shoemaker, Attorney, Greater WI Agency on Aging Resources

This workshop will educate persons with Alzheimer's, their family members, and caregivers about the importance of utilizing advance directives to ensure that a person's wishes are known and carried out. Attendees will learn about the advantages and limitations on various tools for legal decision-making, including supported decision-making, powers of attorney, and guardianship. The presentation will focus on planning ahead to optimize choices and enhance quality of life.

Knowledge Level  
Entry Level, Intermediate Level, Advanced Level

107  
DICE Approach to Behavioral and Psychological Symptoms of Dementia

Molly Schroeder, Community Dementia Programs Manager, Wisconsin Alzheimer's Institute  
Tammi Albrecht, Nurse Practitioner, Wisconsin Alzheimer's Institute  
Sheri Mealy, Dementia Care Specialist, Aging and Disability Resource Center of Brown County

Wandering? Agitation? Apathy? Repeating? Behavioral and psychological symptoms of dementia (BPSD) are common and can be challenging to address. Attendees will learn more about common BPSD, methods for managing BPSD, and risks associated with psychotropic medications. The focus will be learning how to use the DICE (Describe, Investigate, Create, Evaluate) Approach to address BPSD, maintain the health and well-being of the person with dementia, reduce the use of unnecessary

medications, and decrease caregiver stress and burden. This will be an interactive session encouraging attendees to walk through the DICE Approach to better understand management of BPSD.

Knowledge Level  
Intermediate Level

108  
Understanding Alzheimer's and Dementia

Tim Harrington, Community Outreach Coordinator, Alzheimer's Association, Wisconsin Chapter

This presentation will help you understand the relationship between Alzheimer's and dementia. Find out how Alzheimer's disease affects the brain, explore the risk factors and stages of the disease, learn about current research and FDA-approved treatments that address some symptoms and identify Association resources.

Knowledge Level  
Entry Level

**11:45 a.m. - 12:00 p.m. BREAK**

**12:00 p.m. - 1:30 p.m. Monday Lunch and Keynote Address**

**Title:** Current Knowledge and Emerging Research in the Genetics of Dementia

**Presented by:** Michael Muriello, MD, Assistant Professor of Pediatrics, Division of Genetics, Medical College of Wisconsin

**Description:**

The etiology of Alzheimer's is multifactorial including both non-modifiable (age, sex), modifiable (cardiovascular, metabolic), and genetic risk factors. Twin studies have established that genetics play a major role in the disease. While the APOE4 allele has been identified as the largest contributor of this risk, there are many other genes that contribute to both early- and late-onset dementia. Understanding of these genes and pathways is rapidly improving and has the potential to allow precision management of patients with dementia. Learn about the complex genetics of Alzheimer's and how emerging scientific advances may impact patient care.

**1:30 p.m. - 2:00 p.m. BREAK**

**2:00 p.m. - 3:00 p.m. Concurrent Workshops**

201  
Healthy Coping for Caregivers

Katherine Levine, M.D., Assistant Professor of Psychiatry and Behavioral Medicine, Medical College of Wisconsin

Hannah Reiland, DO, PGY3 Psychiatry Resident, Medical College of Wisconsin

Caregiving is important but hard work. Along with caring for others, the caregiver must also take care of themselves. This workshop will explore evidence-based strategies to promote physical and mental health in caregivers. We will learn what “coping strategies” are and how our habits can either help or hurt us. We will examine the healthy thinking habits that are necessary for effective coping and overall well-being. Techniques to manage conflict and approaches to understand challenging behaviors will be reviewed. In-session activities will be used to promote learning.

Knowledge Level  
Advanced Level

202

They Want Me to Do What? A Glimpse Inside of an Alzheimer’s Research Volunteer Experience

Bonnie Nuttkinson, Outreach Specialist , Wisconsin Alzheimer's Disease Research Center

This workshop will give participants an insider’s viewpoint of what it’s like to be a research participant/volunteer with the Wisconsin Alzheimer’s Disease Research Center (WADRC). There will be a panel of two research participants/volunteers and an Outreach Specialist from the WADRC. Session attendees will have the opportunity to experience cognitive testing and questionnaires that are administered to study volunteers and hear firsthand experiences of what it’s like to have a Lumbar Puncture, MRI or PET Scan.

Knowledge Level  
Entry Level, Intermediate Level, Advanced Level

203

Living Well with Nature: Family Memory Camp

Dr. Susan H. McFadden, Psychology Professor, Emerita, University of Wisconsin Oshkosh  
Rev. John T. McFadden, Volunteer, Fox Valley Memory Project

We will describe the joys and benefits of a residential camp experience for families living with dementia. Memory Camp in the Northwoods of Wisconsin, offers people with dementia, care partners, adult children, and grandchildren, the chance to enjoy a beautiful natural setting together for three nights and two full days. We have had campers ranging in age from 6 to 96. Care partners appreciate the respite they receive in a setting where staff, volunteers, and fellow campers understand their situations. Our session will briefly describe research showing positive outcomes of spending time in a natural setting.

Knowledge Level  
Intermediate Level

204

I Have Dementia – Now What?

Dinah LaCaze, Elder Abuse Prevention Program Coordinator, Milwaukee County Department on Aging  
Elizabeth Oettiker, Elder Abuse Program Coordinator, Milwaukee County Department on Aging

A dementia diagnosis can be very overwhelming, to the person and families. This interactive presentation will provide you with an understanding of the disease process, explore options of available resources and support available throughout the course of the disease. The hands on approach will help you as you plan for the future. This presentation is relevant to both professionals and caregivers.

Knowledge Level

Entry Level, Intermediate Level

205

Living Well by Understanding the Past - Implementing Trauma Informed Dementia Care

Laura Nolan, Program Specialist, UW-Green Bay

Trauma can occur at any point in a person's life as a result of a variety of experiences such as abuse, neglect, violence or combat experiences. The effects of trauma can stay with the person throughout their lifetime. Studies have shown a correlation to past trauma and a higher risk of dementia. Trauma Informed Care is used to assist people living with dementia who have experienced past trauma. By having a better understanding of the effects of trauma we can reduce challenging behaviors while providing a way to live well for individuals with both traumatic pasts and dementia. The class offers a non-pharmacological strategy to address behavior management and look at ways to improve quality of life for both the person with dementia and the caregiver.

Knowledge Level

Intermediate Level

206

Living Well: Using Special Needs Trusts to Self-Direct Care

Mary Till, Program Director, Life Navigators

Vicky Gunderson, Director of State Services, GT Independence

This workshop will explore how to use a special needs trust to self-direct care, enhance daily living and increase quality of life. Participants will identify methods and tools to address challenges and promote choice. Included in the discussion will be the basics of special needs trusts, how to use a trust to self-direct cares and services, and how to promote choice by planning ahead with tools such as a letter of intent. Topics will be introduced through an interactive Jeopardy style game.

Knowledge Level

Entry Level

207

Virtual Reality: The Benefits for Persons Living with Dementia

Corey Tienor, Senior Director of Support Services, St. Paul Elder Services, Inc.  
Becky Reichelt, Executive Vice President, St. Paul Elder Services, Inc.  
Kyle Rand, Founder and CEO, Rendever

Providing unique, person-centered opportunities for physical, social, and psycho-social engagements for persons living with dementia are necessary components of a quality memory care program. Since persons living with dementia experience these positive outcomes through sensory-rich engagements, this highly-interactive session will highlight the experiences, triumphs, and person-centered successes of facilitating virtual reality experiences for persons living with dementia. The presenters will also share the preliminary research outcomes from this facilitation technique as well as their recommendations for incorporating virtual reality as a modality for dementia-specific engagements.

Knowledge Level  
Advanced Level

208  
Personalized Holistic Approaches to Joyfilled Care

Paula Gibson, Regional Director of Communications and Engagement, Azura Assisted Living and Memory Care

Find the joy in caring for a person living with dementia through the use of personalized, holistic approaches that seek to use each individual's history to create a plan of refocused engagement. This hands-on session will have you thinking outside the box, interacting with your fellow attendees and developing ways to enhance care and quality of life by focusing on the person, not the disease.

Knowledge Level  
Intermediate Level

**3:00 p.m. - 3:30 p.m. BREAK**

**3:30 p.m. - 4:30 p.m. Concurrent Workshops**

301  
Living Well...and Medicare Fraud?

Ingrid Kundinger, Project Manager, Wisconsin Senior Medicare Patrol

Are you wondering how Living Well fits with Medicare fraud? Join us for this session to learn about Medicare fraud and what the current trends are, nationally and in Wisconsin. At the sessions end, you will be equipped with information about how to Protect, Detect, and Report suspected Medicare fraud, which will give you some peace of mind to Live Well!

Knowledge Level  
Entry Level, Intermediate Level, Advanced Level

302

### Moving Forward After Loss

Cori Marsh, Dementia Care Specialist, Aging & Disability Resource Center of Rock County

There is life after dementia. Session will explore the characteristics of "lost caregivers" who have lost their loved one to dementia and now must forge their way forward on their journey to life after dementia. Learn ways to help families grieve, figure out their next steps and live well in their new normal.

Knowledge Level  
Intermediate Level

303

### Your Voice Matters: Advocating for Your Journey

Kelsey Flock, Dementia Care Specialist, La Crosse County Aging & Disability Resource Center  
Sharon Zimmer, Caregiver  
Kathy Lucey, Caregiver

Learn ways you can advocate for yourself and your loved one with dementia. Also discover why this is important for bettering your quality of life and for the future of caregivers and people living with dementia in the community.

Knowledge Level  
Entry Level, Intermediate Level

304

### Spiritual Resiliency for Caregivers

Derek M. Wolter, Chaplain/Director of Spiritual Care, Lutheran Home & Harwood Place

As we look at the needs of caregivers, this seminar will explore the area of spiritual resiliency. Spirituality is what connects us to something greater than ourselves. It can be religion, family, art, values, etc. It is the inner strength that helps an individual whether the uncertainties and cares of daily life. Caregiving in a dementia setting often causes the caregiver to focus all their energy and attention on the one needing care. This results in a loss of "self," and what connects the self to those things which support it. This is a basic discussion based seminar, which is meant to help caregivers identify the spiritual resources, and put together a plan to utilize them in their daily lives.

Knowledge Level  
Entry Level, Intermediate Level

305

### Take My Hand – Effective Tools for Caregiver Communication to Reduce Burnout

Laura Nolan, Program Specialist, UW-Green Bay

This interactive training will help the caregiver with skills to offer a hand to help individuals with cognitive deficits such as dementia. Participants will learn how to partner instead with the person instead of inadvertently making the situation worse.

During this seminar we will teach communication skills that will improve their interactions with individuals with dementia. By learning these techniques caregiver will improve their relationships with the person with dementia and thus reduce caregiver burnout. The fun methods of learning have been proven to increase understanding and to help give caregivers the skills they need to be successful communicate.

Knowledge Level

Entry Level, Intermediate Level

306

### Demonstration of Strategically Utilizing Multiple Resources to Better Serve Family Caregivers

Lisa Schneider, Executive Director, Respite Care Association of Wisconsin

Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

This workshop will illustrate how to strategically utilize and maximize limited resources available to support family caregivers and their loved one dealing with dementia related diseases. Greater Wisconsin Area Aging Resources (GWAAR) oversees the distribution of National Family Caregiver Support Program (NFCSP) and Alzheimer Family Caregiver Support Program (AFCSP) funds throughout the State. Respite Care Association of Wisconsin (RCAW) has established a Caregiver Respite Grant Program (CRGP) that is available across the lifespan throughout the State. You will be amazed how well these funding resources can work together and how user friendly it is to do!

Knowledge Level

Intermediate Level

307

### Chronic Illness and Cognition: How Do They Impact Each Other?

Cynthia M. Carlsson, MD, MS, Professor of Medicine and Director, Wisconsin Alzheimer's Institute, University of Wisconsin School of Medicine and Public Health

This workshop will discuss how common chronic conditions, such as diabetes, sleep apnea, and heart failure, impact cognition in persons with mild cognitive impairment and dementia. Discussion topics will also include the impact of cognitive impairment on managing chronic illnesses and the importance of caregiver support.

Knowledge Level

Intermediate Level

308

Oneida Nation's update on Community Based Movement to Address Alzheimer's in Wisconsin's Indian Country

Marlene Summers, Oneida Nation Commission on Aging member, Oneida Nation  
Carol Elm, Oneida Nation Commission on Aging member, Oneida Nation  
Debra Miller, Tribal Dementia Care Specialist, Oneida Nation

Although data describing the prevalence of Alzheimer's disease and related dementias (ADRD) is sparse, recent analyses suggest the disease will disproportionately burden Native Americans. In this presentation, we describe a tribal- academic partnership lead by members of the Oneida Nation Commission on Aging (ONCOA) to expand their community's access to dementia diagnostic services, build awareness of ADRD, support caregivers, promote participation in ADRD research and provide ADRD curriculum to youth and veterans in Oneida.

Knowledge Level

Entry Level, Intermediate Level

**4:30 p.m. - 6:00 p.m. Social Hour and Networking**

Join us for networking during our happy hour reception. Appetizers and drink tickets will be provided.

**TUESDAY, MAY 5**

**7:00 a.m. Breakfast**

**8:00 a.m. - 9:00 a.m.- Tuesday Morning Keynote Address**

**Presented by:**

Michelle Braun, PhD, ABPP(CN), Board-certified Neuropsychologist, Ascension Wheaton Franciscan Healthcare

**Title of Program:**

Boost Your Brain: 5 Science-Backed Steps to Dramatically Reduce the Risk of Alzheimer's

**Description:**

Lifestyle factors have been shown to significantly reduce the risk of Alzheimer's and boost daily memory functioning. However, consumers are often misled by myths and pseudoscience to spend time and money on strategies that are not scientifically supported—such as taking memory supplements, playing online brain games, following “brain health” diets, and getting unnecessary brain scans—or to develop a false sense of security by engaging in tasks that are minimally helpful on their own, such as crosswords. Learn the top five lifestyle factors that have been shown to significantly reduce the risk of Alzheimer's.

**9:00 a.m. - 9:30 p.m. BREAK**

## 9:30 a.m. - 10:30 a.m Concurrent Workshops

401

Enhancing Quality of Life Through Brain-Body Connection: A Group Approach

Jacqueline Ganser, Nursing Student, University of Wisconsin-Eau Claire College of Nursing and Health Sciences

Pete Fasching, Healthy Living Instructor, Eau Claire YMCA

Kristi Herbsenson, Health Intervention Coordinator, Eau Claire YMCA

This interactive session provides a glimpse into the Eau Claire County's Brain and Body Fitness Program. The information provided will help you to bring this program to your community and help those living with dementia Live Well. UW-Eau Claire will share their research findings from this program while the instructors of the Brain and Body class will demonstrate how this program is executed. Be ready to participate and be prepared to laugh in this class.

This program is a collaboration of the Eau Claire County Aging and Resource Disability Center (ADRC), the University of Wisconsin-Eau Claire's Department of Nursing, and the Chippewa Valley YMCA.

Knowledge Level

Intermediate Level

402

Interventions for Dementia: an Overview of Popularized Medications, with Emphasis on Modifiable Lifestyle Factors.

Alissa Butts, PhD, ABPP-CN, Neuropsychologist, Medical College of Wisconsin

Laura Umfleet, PsyD, Neuropsychologist, Medical College of Wisconsin

Natalie Emmert, PhD, Neuropsychology Fellow, Medical College of Wisconsin

There is growing public interest in ways to treat or prevent memory loss in the aging population. Increasingly, vitamins, supplements, and proposed programs are being marketed as treatments or preventions for memory loss. This talk will review some of the scientific evidence behind some of these popularized interventions, as well as the few FDA-approved medications that are currently available to licensed medical providers. As there are currently no curable treatments available, we will also review evidence-based modifiable lifestyle factors for delaying onset or reducing morbidity of dementia, such as physical activity, cognitive activity, and social engagement.

Knowledge Level

Entry Level, Intermediate Level

403

Critical Financial, Estate Planning & Guardianship Issues You Should Know

Laurie Ellis-McLeod, Financial Planner, AERIE Preferred Financial Group, LLC

Dera Johnsen-Tracy, Attorney, Horn & Johnsen, SC

David Kowalski, Attorney, Kowalski Family Law LLC

This panel of financial and legal experts who work with families in a wide range of circumstances provide answers to key questions around financial issues for families dealing with care of loved ones. Exploring the intersection between legal and financial challenges, they offer a unique look at financial strategies to manage the spectrum of care and the important estate planning issues that are connected to decisions that families or individuals make regarding care. Key legal and guardianship issues that arise in situations of incapacity and related estate planning options that exist to help families and individuals protect assets, relationships, and privacy will be presented.

Knowledge Level  
Entry Level

404

Caregivers Need Care Too- Understanding Compassion Fatigue and How to Engage in Self-care

Tanya Sutton, Director, Senior Helpers Madison

This session discusses the importance of understanding professional caregiver grief and how it can turn into compassion fatigue. It discusses how burnout can become compassion fatigue, being aware of the symptoms and causes, how it affects caring for someone as well as caring for yourself, and strategies for self-care to prevent it.

Knowledge Level  
Intermediate Level

405

Navigating Assisted Living and Memory Care

Pam Foti, Co-Owner and Elder Care Consultant, Vesta Senior Network  
Jenny Wagner, Co-Owner and Elder Care Consultant, Vesta Senior Network

Most individuals don't plan for the day when they need assisted living or memory care. Often, this leaves families needing to make quick decisions about things they know little about in an emotionally charged time. Join us as we shed light on the complex world of care for those with memory loss. Walk away with the knowledge you need to understand the options that exist and the importance of making sustainable choices. Attend for yourself, your clients, or for someone you love.

Knowledge Level  
Entry Level, Intermediate Level, Advanced Level

406

The Unique Challenges of Huntington's Disease and Related Dementia

Laura Buyan Dent, MD, PhD, Associate Professor of Neurology, Director of Movement Disorders Program, University of Wisconsin School of Medicine and Public Health  
Lisa Larson, PhD, Family Caregiver

Dr. Laura Buyan Dent, MD PhD, Associate Professor of Neurology at the UW School of Public Health and Medicine, will provide an overview of Huntington's Disease, including its physiology, diagnosis, treatment, and "typical" disease progression, as well as the type of challenges faced by the person living with the disease. Lisa Larson, PhD, will provide a caregiving perspective based upon her experience of caring for her late husband Jeff, especially in terms of dealing with behavioral symptoms, working with law enforcement, training residential facility staff and finding caregiver education and support.

Knowledge Level  
Intermediate Level

407

Co-Creating a Successful Memory Choir: A Hands-On Approach

Cathy Reitz, Artistic/Music Director, Stand in the Light Memory Choir  
Nancy Wendt, Assistant Music Director/Accompanist, Stand in the Light Memory Choir  
Lisa Wells, MA, CDP, Dementia Care Specialist, Stand in the Light Memory Choir

Using the theme of \*Living Well\* this hands-on session will build upon the successful history of the Stand in the Light Memory Choir from Eau Claire, Wisconsin. The workshop will engage participants in the process of creating a dementia friendly memory choir that enhances the quality of life for those living with dementia.

Knowledge Level  
Entry Level, Intermediate Level, Advanced Level

408

Living Well Through Meaningful Activities

Colleen Knudson, President, Wisconsin Representatives of Activity Professionals

Living well means living with purpose. Engaging in meaningful experiences and social activities keeps people active, involved and fulfilled. This session will provide multiple examples of successful activities that keep people living a life they love. Learn what opportunities you can provide to assist another in living well!

Knowledge Level  
Intermediate Level

**10:30 a.m. - 11:00 a.m. BREAK**

**11:00 a.m. - 12:00 p.m. Concurrent Workshops**

501

Aging and Memory Loss: What's Normal and What You Can Do If There's a Problem

Anne Shandera-Ochsner, Ph.D., L.P., ABPP-CN, Neuropsychologist, Mayo Clinic Health System  
Alissa Butts, PhD, ABPP-CN, Neuropsychologist, Medical College of Wisconsin

This interactive presentation will involve discussion by 2 board certified neuropsychologists about the cognitive changes associated with normal aging. Learn about the cognitive changes that signal something more than just normal forgetfulness, and components of a thorough evaluation of memory loss. Learn about what Mild Cognitive Impairment (MCI) is, how it relates to dementia, and what to do in response to such a diagnosis. The HABIT Healthy Action to Benefit Independence in Thinking© program, which is a comprehensive intervention program for people with MCI offered at the Mayo Clinic Health System in La Crosse, WI will be described. Audience participation will be encouraged!

Knowledge Level

Entry Level, Intermediate Level, Advanced Level

502

Self Care Karma: Yoga for Caregivers **(Limit of 25 People)**

Kate Mayefske, Alzheimer's Association Staff and Yoga Instructor

You can care well for others when you've cared well for yourself. Yoga for Caregivers is offered to all who provide support for those living with Alzheimer's or dementia. In this interactive conference session, you'll be guided through gentle yoga poses to calm and relax. You'll be led in breathing and meditation exercises that are practical for everyday life. Participants will leave with techniques to practice at home for ongoing self care. The session is open to those who are new to yoga as well as those with experience. Bring your own towel or yoga mat for poses on the floor, or you can use a chair provided in the room for extra support. Come dressed comfortably in order to move and unwind. Namaste!

Knowledge Level

Entry Level

503

Long Term Care Medicaid and Spousal Impoverishment - Understanding Medicaid for Married Persons

Eric J. Deml, Medicaid Program Specialist, Haskins Short & Brindley LLC

This breakout session will touch on the Wisconsin Medicaid long term care application process for married couples. This presentation will not include legal advice, just an understanding of spousal assets and how they are interpreted by the Wisconsin Medicaid. Session will address the importance of assets, their value, ownership and type in relation to Medicaid's snapshot date and application date. This session will illustrate the importance of Medicaid's community spouse asset share. Presenter will address Medicaid asset eligibility for married couples and how each spouse's income, health insurance and shelter expenses play a role. Session will address secondary issues, such as private long-term care

insurance, divestment and what is Estate Recovery. Session will conclude with a Q&A period for asking specific questions about Wisconsin Long Term Care Medicaid.

Knowledge Level  
Intermediate Level, Advanced Level

504

Caregiver Advocacy: How You Can Impact Legislation in Madison and Washington D.C.

Michael Bruhn, Director of Public Policy, Alzheimer's Association, Wisconsin Chapter  
Janet Zander, Advocacy and Public Policy Coordinator, GWAAR  
Helen Marks Dicks, State Issues Advocacy Director, AARP

In this session, you will learn how to be an effective "citizen advocate" for legislation that assists family caregivers and strengthens the support services and protections for individuals with Alzheimer's or dementia. You will also hear updates on legislation that Congress and the State Legislature are considering, and the best ways you can advocate for their passage.

Knowledge Level  
Entry Level

505

Caregiver Roadmap - Navigating the Pit Stops

Carley Prochaska Lee, Dementia Care Specialist, Aging & Disability Resource Center of Portage County

Join Caring Community Partners of Central Wisconsin as we share our Caregiver Roadmap designed to help navigate the pit stops of caregiving. In this session, you will learn about services and resources available throughout the caregiving journey so when you reach this pit stop, you are more prepared. When a caregiver has a plan in place and knowledge about the pit stops; it can reduce the constant stress of "what's next" and allow them to take care of themselves at the same time. We hope this tool can help you navigate the world of caregiving a little easier.

Knowledge Level  
Entry Level, Intermediate Level

506

Finding Care Today and Planning for Tomorrow

Janet Bollig, Business Development Consultant and Medical Social Worker, SSM Health at Home

Navigating the maze of care options available for Alzheimer's patients can be confusing and stressful. Knowing you have a plan can help to reduce stress for both patients and caregivers. Learn about the different care options available and what to look for when choosing a care provider. In addition to finding care today, it is important to look ahead to tomorrow. This presentation will also cover topics

related to future health care needs including advance directives, planning for future care needs, the cost of services and how to pay for them.

Knowledge Level

Entry Level, Intermediate Level

507

Fostering Healthy Relationships Through Meaningful Visits

Katrina Flower, Care Manager, MCAL, The Lutheran Home

This workshop provides tools and techniques for family and professional caregivers to achieve successful visits, thus creating healthy relationships and fostering bonds of trust and empowering professional caregivers to educate and support the families and friends they serve. It is through these meaningful visits that all persons involved can have a sense of fulfillment and peace. When relationships are nurtured through these thoughtful, shared experiences, we lead healthier lives.

Knowledge Level

Entry Level, Intermediate Level

508

Alzheimer's And The Mouth, What's The Connection

Angie Stone, RDH, BS, CDP, CCG, HyLife Oral Health Alliance

As more and more information becomes available regarding Alzheimer's we are learning there is more to the story than amyloid plaques and tau tangles. Nutrition, exercise, sleep quality and other areas are being looked at extensively. As it turns out, the mouth is proving to be an area that is being overlooked and one that has a direct correlation to Alzheimer's. This course will look at why oral health is important, how it affects those with Alzheimer's and how to discover if a person's mouth may be promoting progression of the disease.

Knowledge Level

Entry Level, Intermediate Level, Advanced Level

**12:00 p.m. - 2:00 p.m. - Tuesday Lunch and Keynote Address**

**Title:** Can You Live Well with Dementia? Yes You Can!

**Description:**

Caregivers and those living with dementia share their experiences during this panel discussion.

**2:00 p.m. - Closing / Conference End**



24/7 Helpline 800.272.3900

The Alzheimer's Association® 24/7 Helpline – 800.272.3900 – is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people with disease, caregivers, families, professionals and the public.

Contact the Helpline day or night for:

- Information about memory loss, dementia and Alzheimer's disease
  - Information on medication and other treatment options
    - Safety issues and services
    - Tips for providing quality care
    - Strategies to reduce caregiver stress
  - Recommendations on how to find quality care providers
- Referrals to local education, care and support programs and services