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Connecticut Chapter

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THURSDAY
APRIL 6TH, 2017



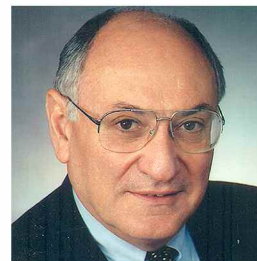
20TH ANNUAL DEMENTIA EDUCATION CONFERENCE

RECOGNIZING 20 YEARS OF EXCELLENCE IN DEMENTIA EDUCATION

WE ARE EXCITED TO WELCOME BACK KEYNOTE SPEAKERS FROM
OUR FIRST DEMENTIA EDUCATION CONFERENCE IN 1997.



STEPHEN G. POST, PHD



ZAVEN KHACHATURIAN, PHD

SPECIAL REMARKS FROM



HARRY JOHNS
PRESIDENT AND CEO
ALZHEIMER'S ASSOCIATION



KIMBERLY WILLIAMS-PAISLEY
AND
GURNEY WILLIAMS



GERI TAYLOR, RN, MPH
NATIONAL EARLY STAGE ADVISOR

VISIT ALZ.ORG/CT TO REGISTER ONLINE

The Alzheimer’s Association, Connecticut Chapter is pleased to present its 20th Annual Education Conference. This full-day conference is designed for both professionals and family caregivers. Our goal is to share best practices and creative interventions for the care, treatment and preservation of the quality of life of persons with Alzheimer’s and related dementias. **Note: Conference session content targets specific audiences (caregiver ♥, professional ♦, advanced professional ★). Please choose your sessions accordingly.**

2017 EDUCATION CONFERENCE COMMITTEE

Blanche Agostinelli, MSN	Alzheimer’s Association, CT Chapter Volunteer
Pamela K. Atwood, MA, CDP, CLL.....	Hebrew HealthCare, Inc.
Stacy A. Batty-Chavis, MA	Alzheimer’s Association, CT Chapter
Betty J. Brennan, RN, BSN (Board Chair)	Alzheimer’s Association, CT Chapter Volunteer
Eileen Cleary, RN, CRRN, MA,NHA	Alzheimer’s Association, CT Chapter Volunteer
Sandra Cook, AS	Alzheimer’s Association, CT Chapter Volunteer
Carolyn A. DeRocco, BA	Alzheimer’s Association, CT Chapter
Christine Dileone, MSN, RN.....	University of Connecticut School of Nursing
Sharman H. French, LCSW, ACHP-SW.....	Masonicare Home Health and Hospice
Cynthia R. Grant, BA.....	CT Department on Aging
Michael Hetsko, MSW	Gardner Heights
Nancy V. Leonard, MSW, LCSW, MBA.....	New England Home Care
Casey McGannon, MA, CDP.....	Sage Solutions, LLC
Renee Michaud, BS.....	Artis Senior Living
Catherine Sarni, MS.....	Alzheimer’s Association, CT Chapter Volunteer
Elena Schjavland, PhD(c), APRN (Lead Nurse Planner)	Keys2Memory
Ginny Steller, MSW	Alzheimer’s Association, CT Chapter Volunteer
Cecelia Sullivan, MS Ed., HTP	Alzheimer’s Association, CT Chapter Volunteer
Daniel E. Wollman, MD, PhD (Activity Medical Director).....	Quinnipiac University
Linda Worden, RN, MPH, CCM, CDP.....	Worden Eldercare Consulting, LLC

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Stephen G. Post, Ph.D. is a researcher and public speaker on how helping others benefits those who give, how empathic care contributes to patient outcomes and professional well-being, how youth who follow the Golden Rule live happier and more resilient lives, how caregivers find meaning and hope in caring for the deeply forgetful, and how positive psychology and spirituality enhance health. He is a best-selling author who has taught at the University of Chicago Medical School, Case Western Reserve University School of Medicine (1988-2008), and Stony Brook University School of Medicine (2008-), where he is Founding Director of the Center for Medical Humanities, Compassionate Care, and Bioethics (designated as a special strength of the Stony Brook School of Medicine by the LCME visiting committee 2011). He is an elected member of the College of Physicians of Philadelphia, the New York Academy of Medicine, and the Royal Society of Medicine, London. He is a member of the Editorial Board of *Character Strengths and Virtues*, the handbook and classification of Positive Psychology.

7:00 AM – 8:00 AM Registration and Vendors

8:00 AM – 8:30 AM Opening Remarks

Harry Johns, President and CEO, Alzheimer’s Association

Actress Kimberly Williams-Paisley is the author of the best-selling *Where the Light Gets In: Losing My Mother Only To Find Her Again* a touching and heart rendering memoir about her mother’s dementia.

Gurney Williams III is a writer, editor and advocate for caregivers struggling with the legion demands of dementia.

8:30 AM – 10:00 AM Morning Keynote

Hope in Caring for Deeply Forgetful People: Enduring Selfhood and Being Open to Surprises

Over the past twenty years, caregivers, professionals, and those affected by Alzheimer’s disease have hoped that medical science might provide a treatment that can prevent, stabilize or even cure this progressive and intractable disease; this treatment has proven highly elusive. Yet there have been major breakthroughs in forms of care that awaken expressions of continuing self-identity even in the most deeply forgetful loved ones, and these give us meaning and hope as caregivers.

Presented by: Stephen G. Post, PhD, Stephen G. Post, PhD, Director, Center for Medical Humanities, Compassionate Care, and Bioethics Professor of Family, Population and Preventive Medicine at Stony Brook University

10:00 AM – 10:15 AM Morning Break

10:15 AM – 11:30 AM Breakout Session A

- A1 Dementia 101** ♥♦
This session will define dementia, describe different dementia types, review risk factors, diagnostic tools and treatment options. Basic cognitive testing will be reviewed and potential interventions and future directions will be discussed.
Presenter: Richard A. Marottoli, MD, MPH, Professor of Medicine, Yale University School of Medicine; Medical Director, Adler Geriatric Assessment Center, Yale-New Haven Hospital; Staff Physician, VA Connecticut Healthcare System
- A2 Alzheimer’s Disease and Dementia: Safety Considerations** ♥♦
Alzheimer’s disease and other forms of dementia impact more than just memory. This session will review how the disease affects the person’s overall safety, addressing topics such as home safety, wandering, and driving. Participants will explore some general guidelines and discuss steps to implement a plan to maximize their loved one’s safety.
Presenter: Mary Underwood, Vice President of Memory Care Services, Artis Senior Living
- A3 Well-Being and Communication in Caregiving** ♥♦
Caregiver stress and burnout combined with lack of effective communication can create challenging environments for the person living with dementia and their care partner. Using personal and professional experiences, the presenter will review person-centered care in creating a care plan, discuss effective communication and explore self-care techniques to help improve stress management for the caregiver.
Presenter: Christine Dileone, MSN, RN, Assistant Clinical Professor, UCONN School of Nursing

A4 Therapeutic Benefits of Music and Movement ♥♦★

This session will demonstrate the power of music in providing enrichment to the lives of individuals living with dementia. The audience will be engaged in music and movement activities that will inspire them to create movement programs for individuals with dementia.

Presenters: **Concetta Franchetti, BS**, Therapeutic Recreation Specialist, Recreation and Volunteer Coordinator, Pendleton Health and Rehabilitation Center; **Lou Manzi, BA**, Recreational Therapist, Music Educator, TRD, Pendleton Health and Rehabilitation Center

A5 Fraud, Abuse and Neglect in Dementia ♦★

Elder abuse is a significant public health and human rights issue – locally, nationally and globally. It is estimated that between one and two million older adults in America have suffered from some form of elder abuse – physical and sexual abuse, psychological and emotional abuse, neglect and financial exploitation. Older adults who have been diagnosed with Alzheimer's disease are known to be at greater risk of abuse and neglect than those of the general elderly population. This presentation will provide an evidence-based understanding of Alzheimer's disease as a risk factor for elder abuse and neglect and will equip practitioners with the knowledge and tools necessary to assess elder abuse risk factors, and appropriately respond to and prevent situations of elder abuse and neglect.

Presenter: **Erin Burk, MPH, MA**, Community Advocate, Jewish Senior Services

A6 Dementia versus Delirium: Clear up the Confusion ♦★

Dementia and delirium are unique but associated conditions. This talk will focus on the clinical components of each syndrome when they exist alone as well as when they overlap. The audience will learn the importance of prevention screening, early identification and appropriate management of delirium in persons with and without dementia at baseline. This session is applicable to health care professionals practicing with older adults across the continuum. A video component and case studies will be used to enhance learning.

Presenter: **Christine Waszynski, DNP, RN, GNP-BC, APRN**, Geriatric Service, Hartford Hospital

A7 Perspectives on Past, Present and Future of Alzheimer's Research and Care ★

We are excited to welcome back Dr. Khachaturian, our first dementia education conference presenter in 1997. This session will review the history of Alzheimer's disease research, elaborate on current research findings and discuss the future potential of finding a successful treatment and cure.

Presenter: **Zaven Khachaturian, PhD**, President, Campaign to Prevent Alzheimer's Disease by 2020 (PAS2020) Inc. Senior Science Advisor to the Alzheimer's Association; Editor-in-Chief of [Alzheimer's & Dementia](#): Journal of the Alzheimer's Association

A8 Cross Cultural Geriatric Psychiatry ★

Cultural competency models in geriatric psychiatry originate from the tradition of ethnogeriatrics, but may focus disproportionately on group-level information without attending to intra-cultural, individual variations. This presentation reviews these limitations and introduces the Cultural Formulation from anthropological psychiatry as a more thorough methodology. The Cultural Formulation probes the patient's relationships to cultural identity, illness explanations, social networks, and biomedicine to help clinicians plan treatment and follow-up in a more comprehensive and patient-centered way. Topics unique to geriatric psychiatry such as cultural factors of aging and end of life issues are also addressed.

Presenter: **Rajesh R. Tampi, MD, MS, DFAPA**; Professor of Psychiatry, Case Western Reserve University School of Medicine; Associate Clinical Professor of Psychiatry, Yale School of Medicine; Vice Chairman for Education and Faculty Development, Residency Program Director, Chief of Geriatric Psychiatry, Interim Director, Psychiatry Consultation Liaison Service, MetroHealth, Cleveland, Ohio

11:30 AM – 1:00 PM Lunch and Vendors

Lunchtime Remarks and Board of Directors Recognized Awards: **Geri Taylor, RN, MPH**, National Early Stage Advisory Group Member

1:00 PM – 2:15 PM Breakout Session B**B1 Plan Ahead: Legal Considerations for Families Dealing with Dementia ♥**

Multiple legal planning issues arise when a loved one is diagnosed with Alzheimer's disease. This session will address estate planning, wills, trusts and beneficiary designations. Medicaid eligibility and gifting rules that are often confusing will be reviewed in addition to when a conservatorship through the probate court may be necessary.

Presenter: **Michael J. Keenan, Esq.**, Keenan Law, LLC

B2 Preparing for a Move ♥

Moving a person with memory loss can be an emotionally stressful time for both the caregiver and the individual diagnosed. This interactive session will discuss how to recognize when a move may be necessary, different care options and how to identify the best fit for the individual and family needs. Participants will also review strategies on how to prepare for a move to a Dementia Care Neighborhood to help lessen the emotional struggle of both the family and the person diagnosed.

Presenters: **Cynthia LaCour, BSW**, Director of Social Services, Candlewood Valley Health and Rehabilitation Center; **Kathleen J. Maher, TRD**, Director of Therapeutic Recreation, Candlewood Valley Health and Rehabilitation Center

B3 Re-Defining Life After the Diagnosis: The Early Stage Experience ♥♦★

Early diagnosis gives a new face to dementia that doesn't always fit our stereotype. People in the early days/years with Alzheimer's disease and related dementias can be articulate, insightful, and anxious to be a part of the conversation about their lives and their future. In this session you will hear some of their stories about the assessment process, daily life, relations with care partners, family and friends, and end of life preferences. You will hear humor and sadness, as well as a call for change in the community that surrounds them.

Presenter: **Maureen Matthews, PhD, RN**, Founder, To Whom I May Concern

B4 Cultivating Intergenerational Opportunities for Meaningful Engagement ♥♦★

Given the widespread prevalence of Alzheimer's disease, education about Alzheimer's disease and other related dementias should be introduced as early as the elementary school level. Participants in this workshop will hear vignettes about multiple intergenerational programs that seek to educate and inspire all ages to be agents of positive change for individuals impacted by Alzheimer's disease and other related dementias. Program efforts involving elementary school age children, college students, and individuals living with dementia will be shared.

Presenters: **Erica DeFrancesco, MS, OTR/L**, Assistant Clinical Professor of Occupational Therapy, Quinnipiac University; **Thomas E. Hayden, MM, MT-BC, NMT-F**, Director of Humanities, Alzheimer's Resource Center; **Kait Murphy, TRD** Therapeutic Recreation Director, Alzheimer's Resource Center

B5 Connecticut Clinical Trials and Research ♥♦★

The potential for finding a treatment or cure for Alzheimer's disease is not possible without researchers and volunteers. This session will explore what it means to be enrolled in a clinical trial and panelists will share research trials currently happening right here in Connecticut.

Presenters: **Richard H. Fortinsky, PhD**, Professor, UCONN School of Medicine; **Dawn Morse, BS, CCRC**, Certified Clinical Research Coordinator, Associated Neurologists, P. C.; **Janet Mauro, BA, CCRC**, Certified Clinical Research Coordinator, Associated Neurologists, P. C.

B6 Running on Empty: Dementia Professionals who are also Caregivers ♦★

Although pay, work/life balance and career advancement are commonly addressed causes of burn out for the dementia caregiver, being a professional caregiver who is also dealing with a family member who has dementia is rarely addressed. This workshop helps dementia-care-professional-caregivers identify their own level of compassion fatigue or burn out and will explore strategies to address various levels of stress and work together to implement a special and unique new support network for dementia caring professionals in our state.

Presenters: **Nancy V. Leonard, MSW, LCSW, MBA**, Director of Social Work, New England Home Care; **Pamela Atwood, MA, CDP, CADDCT, CLL**, Director, Dementia Services, Hebrew HealthCare; **Harry E. Morgan, MD, President**, The Center for Geriatric and Family Psychiatry; Co-founder ElderPath, LLC

B7 The Communication Conundrum- From Barrier to Breakthrough ♥♦★

Poor understanding of communication barriers by family and professional caregivers can lead to a decreased quality of life for the person living with Alzheimer's disease or a related dementia. The ability to recognize and successfully respond to communication challenges can lead to improved care and quality of life. This session will provide an overview of communication changes both verbal and non-verbal, discuss physiological and external causes, and provide techniques that can aide in overcoming barriers to communication at all levels of the disease.

Presenter: **Terri Ramsey, CDP**, Harbor Care Director, Benchmark Senior Living at Ridgefield Crossings

B8 Clinical Features and Diagnosis of Lewy Body Disease ★

Dementia with Lewy bodies (DLB) is the second most common type of degenerative dementia after Alzheimer's disease. It was first described in the 1960's and affects 1.4 million individuals and their families. Lewy Body disease symptoms resemble Alzheimer disease and Parkinson's and are often undiagnosed. Early diagnosis is important, as it is a multisystem disease and requires comprehensive treatment from different specialties in order to provide the best treatment. This session will focus on the symptoms, differential diagnosis and treatment options for Lewy Body disease.

Presenter: Arash Salardini, MD, Assistant Professor, Behavioral Neurology; Co-director of Yale Memory Clinic; Associate Clinical Director of Yale ADRC, Yale School of Medicine

2:30 PM – 3:45 PM Breakout Session C**C1 Planning for the End of Life Journey ♥♦★**

The 2016 California Health Foundation Survey reports that 46% of physicians feel end of life discussion are important but they are unsure of what to say and 29% report they have no training in this area. This session will discuss the importance of end of life planning, review advanced directives and provide guidance to family caregivers and professionals on how to have the conversation with the person living with dementia while they can still make decisions about their own care.

Presenter: Linda Worden, RN, MPH, CCM, CDP, President, Worden Eldercare Consulting, LLC

C2 Living in the Moment: Strategies for Engaging with People with Dementia ♥♦★

This philosophy, to live in the moment, is taught by many from religious leaders to wise sages. And, like most things in life, this is easier said than done. There is, however, one group of people who have nearly perfected this; that would be, people with dementia. As we focus on the "here and now" and share tactics on how to change our own approaches, this workshop will empower the audience on how to change expectations, minimize resistance and increase engagement for people with dementia.

Presenter: Kerry C. Mills, MPA, Dementia Coach, Engaging Alzheimer's, LLC

C3 Using the iPad with a Person Living with Dementia ♥♦

Ed Fitzgerald, whose wife is living with Frontotemporal Dementia, looked for ways to use technology to help her. During this seminar, Ed will discuss the role existing technology can play in dementia care and demonstrate an approach he developed to use the iPad with a person with dementia. Participants will identify strategies to create a customized set of activities that can apply in any stage of dementia for individual and group activities. Participants will discuss how to involve other family members and explore the benefits to both the loved one and caregiver. While he uses an iPad, some of what he talks about applies to other tablet devices as well.

Presenter: Ed Fitzgerald, Caregiver and Technology Consultant, Technology for Caregiving, LLC

C4 Planning and Empowerment: Interventions and Solutions for Every Stage of Dementia ♦★

Through the lens of the fictitious Smith family, in which the matriarch is entering the middle stages of dementia, we will present the audience with sets of legal and psycho-social interventions applicable to each stage of the disease. Each set of interventions will contain planning suggestions from the perspective of an elder law attorney and empowerment suggestions from the perspective of a family meeting facilitator. What could have been done to assist the Smith family had they sought guidance sooner? How will we assist the Smiths today? What action should the Smiths take in the future, and when should they follow up?

Presenters: Claudia W. Englisby, JD, LL.M., Attorney Chair of the Special Needs Planning Department for Czepiga Daly Pope; **Amy Sereday, MS**, Family Meeting Facilitator for Czepiga Daly Pope and Owner of Compass Mediation

C5 Hoarding Disorder and Self-Neglect in Dementia ♦★

Hoarding is a complex condition recognized as a distinct psychiatric diagnosis. Individuals with this disorder have pathological attachments to their possessions, which is often more important than human relationships. This presentation will help families and professionals understand and recognize the signs and symptoms of hoarding; demographic statistics, and comparison of neurological changes in the brain with hoarding disorder and the brain with dementia. Development of a 'harm reduction' plan of care and intervention strategies will be explored when hoarding is combined with concurrent self-neglect and dementia.

Presenter: Anne B. Pagano, LCSW, ACSW, BCD, C-ASWCM, Executive Director, Hoarding Disorder Resource and Training Group, Inc.; Certified Geriatric Care Manager, Pagano Senior Care, LLC

- C6 ECHO: Building the Capacity of Dementia Practitioners** ♦★
 Everyone responsible for training searches for a program which has the potential to transform dementia care. In this session, an interdisciplinary panel will describe and demonstrate a brief yet impactful learning method used to teach professionals about dementia and create networks of learning. The method can be used with staff at all levels across disciplines, and it's fun!
- Presenters:** **Kelly Papa, MSN, RN**, Corporate Director of Learning, Masonicare; **Pamela Atwood, MS, CDP, CASSCT, CLL**, Director of Dementia Care Services, Hebrew HealthCare; **Erica DeFrancesco, MS, OTR/L**, Assistant Clinical Professor of Occupational Therapy, Quinnipiac University; **Donna B. Fedus, MA**, Gerontologist & Founder, Borrow My Glasses; **Grace Giannini, RS**, Memory Care Resource Coordinator, Masonicare at Ashlar Village
- C7 Watch This Movie and Call Me in The Morning: Dramatizing Dementia- How Alzheimer's Disease is Portrayed in the Movies and Utilizing Movies Therapeutically to Help Caregivers** ♦★
 This workshop will give professionals an additional methodology which can be used to help caregivers build a bridge between their realizations in "reel" life and their experiences in "real life". Through the use of movies, clients can enhance their understanding of the disease and gain insight into their own experience. Presenters will discuss the effectiveness of movies about Alzheimer's to help clients manage painful feelings, discover forgotten strengths and grow in the face of the challenge of caregiving.
- Presenters:** **Roni Lang, LCSW**, Clinical Social Worker, Center for Healthy Aging at Greenwich Hospital; **Kendra Farn, BA**, Owner, P GARYN Productions; **Donna Spellman, MS**, Executive Director, River House Adult Day Center; Caregiver Panel
- C8 New Technologies to Assist in the Diagnosis of Dementia Type and Research Options** ★
 Elicitation of underlying mechanisms of different causes of dementia has permitted the development of a number of clinical tools to assist in making the correct diagnosis, allowing better understanding, planning, and consideration of treatment and research options by the patient, their family, and caregivers. This session will address recently approved diagnostic tools and possible research alternatives.
- Presenter:** **David S. Russell, MD, PhD**, Associate Director of Clinical Research, Institute for Neurodegenerative Disorders (IND); Assistant Clinical Professor of Neurology and Psychiatry, Yale School of Medicine

3:45 PM Evaluations and Contact Hours/CEUs Awarded

Continuing Education Credits Available for Physicians, Nurses and Social Workers
****Payment must be received by date of conference in order to receive CEU's****

Nurses

This activity has been submitted to the Connecticut Nurses' Association (CNA) for approval to award contact hours. The Connecticut Nurses' Association (CNA) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Social Workers

Application has been submitted for this program to be approved for Continuing Education Credit hours by the National Association of Social Workers, CT. If approved, this program will meet the continuing education criteria for Social Work Licensure renewal.

DISCLAIMER:

The Alzheimer's Association and its affiliate organizations do not endorse or support off label usage of any medication or product to be used other than as the manufacturer suggests or that is FDA approved as an intended use of a medication or product.

The complimentary/alternative therapeutic modalities in dementia care taught at this educational conference are an adjunct complimentary/alternative modality and is not a substitute for traditional medicinal care. All participants are encouraged to continue to seek medical advice from their primary care physicians as a primary source of treatment.

Connecticut Chapter
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FALL WALKS

Sunday, September 10th	Western Connecticut State University, Danbury
Saturday, September 16th	Ocean Beach Park, New London
Sunday, September 17th	Enfield Senior Center, Enfield
Sunday, September 24th	White Memorial Conservation Center, Litchfield
Sunday, September 24th	Lighthouse Point, New Haven
Sunday, October 1st	Pratt and Whitney Stadium at Rentschler Field, East Hartford
Sunday, October 8th	Calf Pasture Beach, Norwalk

For more information visit www.alz.org/ct

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Traveling North:

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Traveling East:

I-84 E to Exit 27, to Rt. 691 E
(Meriden/Middletown), to I-91 N
to Exit 21, turn left at end of exit.

Traveling West:

I-84 W to Exit 57 (Hartford
Interchange), to I-91 S to Exit
21, turn left at end of exit.