

alzheimer's  association®

2017 Annual New Jersey
DEMENTIA CONFERENCE

Transforming Knowledge into *Practice*



FEATURING:

Alireza Atri, M.D., Ph.D., internationally renowned cognitive neurologist, educator and neuroscientist

Lucille M. Esralew, Ph.D., neuropsychologist, trainer and clinical instructor

Ken A. Verni, Psy.D., clinical psychologist and trainer

JOIN THE CONVERSATION with specialized sessions, including:
End of Life & Palliative Care, Non-pharmacological Interventions for Behaviors, Dementia and Persons with Intellectual Disability, Living Well with Alzheimer's: A Family Perspective, and more.

Monday, June 5
The Westin Princeton at Forrestal Village
201 Village Blvd. ~ Princeton, NJ

Dementia Conference

6.5.2017

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CHAPTER PROGRAMS & SERVICES

24/7 Helpline 800.272.3900
Care Consultation

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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 / Exhibits
8:45—9:00	Welcome & Opening Remarks
9:00—10:15	Keynote Session: Advances in Understanding, Diagnosis and Management of Alzheimer's Disease and Dementias: An Update <i>Alireza Atri, M.D., 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
1:15—2:45	Afternoon Breakout Sessions (SELECT ONE)
2:45—3:00	Break / Exhibit Area Open
3:00—4:15	Plenary Session: Introduction to Mindfulness-Based Stress Reduction for Caregivers and Professionals <i>Ken A. Verni, Psy.D.</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 Westin Princeton at Forrestal Village

201 Village Boulevard ~ Princeton, NJ 08540

www.westinprinceton.com/hotel-directions

From Philadelphia International Airport: Take I-95 N. Keep left to stay on I-95 N. Take exit 46A to merge onto US-1 N toward Morrisville. Keep right to stay on US-1 N. Continue onto US-1 N. Take the College Rd W exit toward Forrestal Rd Center W/ Forrestal Village. Merge onto College Rd E. Take the exit toward Forrestal Village. Continue straight onto Village Blvd. Destination will be on the right.

From Newark New Jersey: Take I-95 S. Take exit 9 to merge onto NJ-18 N toward US-1/New Brunswick. Slight left to stay on NJ-18 N. Merge onto US-1 S via the ramp to Trenton/Princeton. Take the exit toward Forrestal Village. Continue straight onto Village Blvd. Destination will be on the right.

From Atlantic City: Take the Atlantic City Expressway to NJ-42 N. Take exit 1B to merge onto I-295 N. Keep left to stay on I-295 N. Take exit 67A-67B toward New Brunswick/US-1N. Merge onto US-1 N. Continue onto US-1 N. Take the College Rd W exit toward Forrestal Rd Center W/Forrestal Village. Merge onto College Rd E. Take the exit toward Forrestal Village. Continue straight onto Village Blvd. Destination will be on the right.

FEATURED SPEAKERS



Alireza Atri, M.D., Ph.D., will present *Advances in Understanding, Diagnosis and Management of Alzheimer's Disease and Dementias: An Update* as the keynote address and an afternoon breakout session on *Clinical Topics In Alzheimer's Disease for Practitioners*.

Dr. Atri is an internationally renowned cognitive neurologist, educator, and neuroscientist specializing in diagnostics, experimental therapeutics and care of individuals with memory disorders and dementia, particularly those with early-stage cognitive impairments and younger/early-onset Alzheimer's disease (AD). He holds the inaugural Ray Dolby Endowed Chair in Brain Health Research and is the director of Research & Education at the Ray Dolby Brain Health Center, California Pacific Medical Center (CPMC) in San Francisco, California. Dr. Atri is also senior scientist at the CPMC Research Institute, and a visiting scientist in neurology at Harvard Medical School. Dr. Atri received a master of science degree and a doctoral degree in biomathematics from the UCLA School of Medicine and a medical degree from the University of California, San Francisco, and a master of medical sciences degree in clinical investigation from the Harvard Medical School (HMS)-MIT (Massachusetts Institute of Technology) Health Sciences and Technology program. Dr Atri leads and advises on international AD discovery, experimental therapeutics, and clinical trial programs. His research activities are focused on early-stage multimodal diagnostic techniques (including neuroimaging biomarkers), experimental and clinical trial design and methodologies, and clinical efficacy and effectiveness studies in cognitive impairment and AD. He is active nationally and internationally in AD clinical education programs. Dr. Atri has delivered over 250 invited continuing education programs, grand rounds or symposia on cognitive aging/impairment, AD and dementia; presented over 200 papers at scientific conferences; and authored more than 60 medical and scientific papers and book chapters. Dr Atri is also the co-author/editor of *Dementia: Comprehensive Principles and Practices*, published by Oxford University Press in 2014.



Ken A. Verni, Psy.D., will present *Introduction to Mindfulness-Based Stress Reduction for Caregivers and Professionals* as the plenary session.

Dr. Ken A. Verni is a Clinical Psychologist and Director of the NJ Center for Mindful Awareness. Dr. Verni's professional work for the past 20 years has been directed towards helping individuals access and use their inner wisdom as a means to experience greater balance and fulfillment in their lives. A long time student and practitioner of mindfulness meditation, Dr. Verni originally trained with Jon Kabat-Zinn from the Center for Mindfulness at Umass in 2006 and he continues to participate in the advanced trainings and supervision offered at Umass for experienced Mindfulness-Based Stress Reduction teachers. He facilitates time-limited courses in MBSR in private, corporate and clinical settings. He has taught MBSR programs for the United Nations Headquarters in NYC, Google employees at their NYC office and the National Institute on Drug Abuse (NIDA). Dr. Verni received his doctorate in Clinical Psychology from the Rutgers Graduate School of Applied and Professional Psychology. He is also affiliated with Rutgers University as a training and consultation specialist providing trainings throughout the state of NJ on MBSR. He currently maintains a private practice in Highland Park providing psychotherapy services to adolescents and adults, as well as mindfulness-based stress reduction programs.




Lucille M. Esralew, Ph.D., will present *Dementia Capable Caregiving & Health Advocacy for Persons with Intellectual Disability* in an afternoon breakout session.


Dr. Esralew is a NJ licensed Psychologist and certified neuropsychologist who has worked in the field of aging and neuro cognitive disorder for the past 40 years and the field of disabilities for the past 20 years. She is Clinical Administrator for CARES and S-COPE of Trinitas Regional Medical Center. Dr. Esralew is Chair of the National Task Group on Intellectual Disabilities and Dementia (Screening group Group S) and was on the task force that developed the chapter on Neurocognitive Disorders for the DM-ID-2 and led the NTG'S effort in developing the NTG-EDSD.


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] Non-pharmacological Interventions for Managing Challenging Behaviors in Dementia**
Deborah Klaszky, MSN, APN-C (Rowan SOM, New Jersey Institute for Successful Aging)
Behavioral and psychiatric symptoms of dementia such as agitation, aggression and psychotic disturbances are often reported in the elderly. Non-pharmacologic management is recommended as a first line treatment to decrease the frequency and intensity of these challenging behaviors and improve quality of life for these individuals. This presentation will discuss the common behavioral and psychiatric symptoms in dementia and strategies for selecting non-pharmacological evidence-based interventions for managing behavioral disturbances.


 **[B] 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.


 **[C] Living Well with Alzheimer's: A Family Perspective**
Valerie T. Cotter, DrNP, AGPCNP-BC, FAANP (Johns Hopkins School of Nursing)

 **Jeff Borghoff** (Early Stage Constituent & Advocate)
Kim Borghoff, Erin Borghoff & Aubreigh Potpink (Family Caregivers)
This panel session will discuss the different family perspectives of what it means to live well with a diagnosis of cognitive impairment. Challenges individuals face as well as dimensions of wellness and strategies for supporting and engaging individuals living with cognitive impairment will be discussed.

AFTERNOON SESSIONS (1:15 pm—2:45 pm)

 **[D] Understanding Behavioral Changes in Dementia**
Deborah Klaszky, MSN, APN-C (Rowan SOM, New Jersey Institute for Successful Aging)
Most people with dementia undergo behavioral changes during the course of the disease process. The unpredictability of these changes can be stressful for family and caregivers. Anticipating behavioral changes and understanding the causes can help families and caregivers cope with them more effectively. This presentation will review the behavioral changes related to dementia and strategies for managing these changes.

 **[E] Clinical Topics in Alzheimer's Disease and Dementia Diagnosis and Management: Advances & Practical Tips for Practitioners**
Alireza Atri, M.D., Ph.D. (Ray Dolby Brain Health Center) (California Pacific Medical Center)
This session will cover the importance of accurate and early diagnosis and treatment as well as advanced clinical approaches to evaluation of cognitive impairment, Alzheimer's and related dementias. Current standards of care and treatment will be examined along with evidence-based approaches.

 **[F] Dementia Capable Caregiving & Health Advocacy for Persons with Intellectual Disability**
Lucille M. Esralew, Ph.D. (Statewide Clinical Outreach Program for the Elderly [S-COPE])
This workshop will overview the key features of neurocognitive disorder in individuals with intellectual and developmental disability. The presenter will introduce a rating tool that helps capture observations of change and will utilize this tool and specific non-pharmacological strategies to develop plans of service, treatment and supports for this underserved population.

Overall conference learning objectives—as a result of this educational activity, learners should be able to:

- Identify common forms of dementia and current advances in dementia research.
- Identify the importance of early and accurate diagnosis and treatment.
- Assess needs of individuals living with dementia.
- Integrate strategies for supporting individuals living with dementia.
- Integrate a personal understanding of Mindfulness Practice and its impact on stress for themselves and others.

For information on individual session learning objectives visit: <https://tinyurl.com/2017NJConference>

THANK YOU TO OUR 2017 CONFERENCE SPONSORS

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ENHANCE YOUR CONFERENCE EXPERIENCE

Network with 340+ 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!

- 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.
- **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 May 8.
- **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 <https://tinyurl.com/2017NJConference> and pay by credit card.
- **Phone:** Call 800.272.3900 (9am-5pm M-F) & pay by credit card. **DEADLINE: May 30.**
- **Mail:** one completed form per registrant & pay by check or credit card.
DEADLINE: May 26. Please mail registration form & payment to: Alzheimer's Association
240 N. James St., Suite 100A ~ Newport, DE 19804, Attn: NJ CONFERENCE



PROFESSIONAL CONTACTS HOURS AVAILABLE:

Please review the CE disciplines below before registering:

Please note that participants may not be eligible for continuing education credits if they are not on time and present for the entire session. Participants must sign in at the beginning of the day and sign out at the appropriate CE table, and submit a completed evaluation form at the end of the program (4:15 pm). Partial credits will not be issued to participants arriving late or leaving early. **Note: Your certificate will be emailed to you within three weeks after the conference.**

In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences and Alzheimer's Association. Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Nurses: This activity is awarded **5.5 contact hours** (60 min CH). Nurses should only claim those hours actually spent participating in the activity.

Social Workers (Association of Social Work Boards): Rutgers University Behavioral Health Care of Rutgers, The State University of New Jersey, provider #1173, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program from July 10, 2015 to July 10, 2018. Rutgers University Behavioral Health Care of Rutgers, The State University of New Jersey, maintains responsibility for the program. Licensed social workers participating in this course will receive **5.5 continuing education clock hours**. Targeted social work practice level: Introductory. **NOTE:** Social Workers must be prepared to write in their Social Work license/certification/registration number and license jurisdiction on the sign in sheet. Please be sure to bring this information with you to the training. **Go to www.aswb.org to confirm that state acceptance of ASWB credits.**

Social Workers (The New Jersey Board of Social Work Examiners): This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G and recognized by The New Jersey Board of Social Work Examiners. This program is approved for **5.5 general continuing education hours**.

For information on individual session learning objectives visit: <https://tinyurl.com/2017NJConference>. For questions, grievances, or instructions for requesting accommodations for individuals with disabilities (ADA), contact kristina.prendergast@alz.org.

2017 NEW JERSEY CONFERENCE REGISTRATION FORM

Please **PRINT** and complete **one form per registrant** or **REGISTER ONLINE** at <https://tinyurl.com/2017NJConference>.

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: NJ 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.

*Participants must sign in at the beginning of the day and sign out at the appropriate CE table, and submit a completed evaluation form at the end of the program (4:15 pm). Partial credits will not be issued to participants arriving late or leaving early. Note: Your certificate will be emailed to you within three weeks 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 need. Call 800.272.3900 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: <https://tinyurl.com/2017NJConference>

alz.org/delval

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Annual New Jersey Dementia Conference

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201 Village Blvd. ~ Princeton, NJ

8:00 am - 4:30 pm



#ENDALZ

JOIN THE CONVERSATION @alzdelval

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800.272.3900