

Beyond the Faces of Alzheimer's

22ND ANNUAL ALZHEIMER'S REGIONAL CONFERENCE

Pre-Conference, April 26 • Conference, April 27, 2007

Featuring David Snowdon, Ph.D.

Washington State Convention Center • Seattle, Washington

alzheimer's  association®

So often, dementia care leads to more questions than answers. At the 22nd Annual Alzheimer’s Association Regional Conference, we will explore some of the answers to many commonly asked questions. Our journey of exploration starts with the person experiencing dementia and then follows a path into the evidence-base, through the guidance and expertise of leading professionals. In the end, we hope that you will have a clearer picture of what lies beyond the faces of Alzheimer’s.

Five Learning Tracks

This year’s conference has been expanded to five different learning tracks designed for: dementia care leaders, hands-on staff, activity professionals, advanced practitioners, and a newly added family caregiver track. Our conference workshops are evidence-based, innovative, and focus on increasing practical skills. The agenda is designed to meet the needs of everyone who has a connection to Alzheimer’s disease.

Pre-Conference Workshops

New this year, we are hosting two Pre-conference Workshops on April 26. Gail Bosch, RPh, C.G.P. will facilitate a workshop entitled “The Psychopharmacology of Alzheimer’s Disease and the Related Dementias.” The second Pre-conference Workshop is a “TimeSlips Certification Training for Activity Professionals” facilitated by Karen Stobbe, a National TimeSlips Trainer.

Keynote Speaker

Our conference starts on Friday, April 27, with a moving keynote from David A. Snowdon, Ph.D., author of *Aging with Grace*, better known as the Nun Study. A professor at the University of Kentucky, in the Department of Neurology in the College of Medicine and the Sanders-Brown Center on Aging,



David A. Snowdon, Ph.D.

Dr. Snowdon has, for the last twenty years, conducted a longitudinal study of a group of remarkable women, the School Sisters of Notre Dame. His work with the Sisters has made a major contribution to the field of aging. Dr. Snowdon will share amazing insights into Alzheimer’s disease and how it develops. *Aging with Grace* presents his research in such a way as to make it accessible and illuminating to the general public.

Outcomes of the Nun Study have been featured on *NBC’s The Today Show*, *CNN*, and *ABC’s Nightline*. Articles have appeared in the *New York Times*, *Chicago Tribune*, *Washington Post*, *Wall Street Journal*, *TIME*, *Newsweek* and *National Geographic* as well as published in scientific journals such as the *Journal of the American Medical Association*, *American Journal of Epidemiology*, and the *Journal of American Geriatric Society*. **Dr. Snowdon’s keynote is sponsored by Scott and Mary Ferguson in tribute to his mother, Mrs. Helen Ferguson, and grandmother, Mrs. Marie Griffin.**

WASHINGTON STATE CONVENTION CENTER

800 Convention Place • Seattle, WA 98101

From I-5 Southbound

- Stewart Street Exit (#166)
- Left on Boren Ave
- Right on Seneca Street
- Right on 8th Ave
- Garage is on your right

From I-5 Northbound

- Madison Street Exit (#164A)
- Right on Madison Street
- Left on 8th Ave
- Garage is on your right

Parking fees are not included in the registration fess.

DISCLAIMER

The Alzheimer’s Association, Western and Central Washington State Chapter, accepts no liability for any individual attending the 22nd Annual Alzheimer’s Regional Conference or any claims that may result from the use of information, techniques, products, and services discussed at the conference; any injuries or losses incurred by participants or accompanying persons; and any loss of or damage to any luggage or personal belongings. The Alzheimer’s Association, Western and Central Washington State Chapter, does not express or imply endorsement or commercial recommendations of sponsors, vendors, or faculty.

OUR SPONSORS



PRE-CONFERENCE WORKSHOPS

THURSDAY, APRIL 26 PRE-CONFERENCE WORKSHOPS

8:00 AM

Registration for Session A

8:30-12:00

Psychopharmacology of Alzheimer’s Disease and the Related Dementias

Gail Bosch, *R. Ph., C.P.G.*

Pharmacist Bosch will explore the treatment options available for each of the different dementias, the medications used in each stage, and the appropriate medications for a variety of behaviors.

Seating is limited; please register early.

12:30 PM

Registration for Session B

1:00-4:30

TimeSlips Certification for Activity Professionals

Karen Stobbe, *Actress, Comedian, National Trainer*

TimeSlips is an innovative and effective storytelling activity that helps people with dementia to stay connected with family, friends, and staff. TimeSlips was developed by Anne Basting, Ph. D. at the University of Wisconsin-Milwaukee. After completion of this training, Activity Professionals will be certified to facilitate TimeSlips in their own facility.

Seating is limited; please register early.

FRIDAY, April 27 CONFERENCE WORKSHOPS

8:00 AM

Registration

8:30

Welcome: Nancy Dapper, Chapter Executive Director

8:35

Aging with Grace: Findings from the Nun Study

BALLROOM

David Snowdon, Ph.D.—Presented by Scott and Mary Ferguson in tribute to his mother, Mrs. Helen Ferguson, and grandmother, Mrs. Marie Griffin.

9:35

BALLROOM

Honoring Excellence Awards Ceremony

Break

Explore the Exhibit Tables and the “Faces of Caregiving” Display

CONCURRENT WORKSHOPS

Choose one from each session

10:45-12:00

A1

SESSION A

Pain Management in Middle and Late Dementia

Christine Kovach, Ph.D., R.N.

Advanced Practice Track

How do you assess pain in people with advancing dementia? Dr. Kovach explores how people with dementia express pain. She will also explain the Serial Trial Intervention Protocol for determining the cause and the management of pain.

A2

Don’t Be Alarmed: Reducing Falls by Eliminating Alarms

Brenda Davidson, R.N.

Dementia Care Leader’s Track

Are fall alarms helping or hindering people experiencing dementia? Ms. Davidson shares her analysis and subsequent systematic approach to eliminating alarms while reviewing an alternative person-centered method to reducing falls. Her outcomes will amaze you.

A3

In Our Own Words: Early Stage/Early Onset Panel

Patricia Hunter, M.S.W.

Alternative: Appropriate for All Tracks

What is it really like? Ms. Hunter will facilitate a panel of people living with early stage or early-onset dementia. This panel represents a unique and often under-represented point-of-view. Hear their experiences, challenges, and needs in their own words.

A4

The Language of Care

Christine Elizabeth Hemp, Award Winning Author and Joanne McMahon, M.S.W.

Family Caregiver Track

Is there a “language” to caregiving? Ms. Hemp, an award winning author, will facilitate family caregivers in a writing exercise to discover their care needs. Then, Ms. McMahon will provide a glossary for translating these care needs into the supportive services available in the caregiver’s community.

A5

Memory Activity Program for People with Mild Memory Loss

Joyce Simard, M.S.W.

Activities Track

What are interesting, stimulating activities for people with mild memory loss? Ms. Simard shares the components of her Memory Activity Program and provides the steps for implementation.

A6

Caring Communication

Karen Stobbe, Actress, Comedian, National Trainer *Direct Care Staff or Family Caregiver’s Tracks*

How can I stay connected? Ms. Stobbe will discuss the communication changes that occur when people experience dementia. She then provides examples on how to increase communication, build connections, and explore the power in the words “Yes” and “No.”

12:00-1:15 PM

Luncheon: Explore the Exhibit Tables and the “Faces of Caregiving” Display

1:15-2:30

B1

SESSION B

Pain Management in Middle and Late Dementia

Christine Kovach, Ph.D. R.N.

Alternative

How do you assess pain in people with advancing dementia? Dr. Kovach explores how people with dementia express pain. She will also explain the Serial Trial Intervention Protocol for determining the cause and the management of pain.

B2

Assessment of Depression in Dementia: A Best-practice Protocol

Jim Lippold, M.S.W. and Kathy Powell, M.S.W.

Advanced Practice Track

How do you assess depression in people experiencing dementia? Mr. Lippold and Ms. Powell will provide a protocol for the assessment and treatment of depression in people experiencing dementia.

B3

Top Five Things Overlooked in Creating Better Alzheimer’s Environments

John Shoesmith, A.I.A., MArch

Dementia Care Leader’s Track

Are our care environments helping or hindering care? Mr. Shoesmith’s entertaining approach helps us to see care environments through the eyes of elders with dementia. Mr. Shoesmith shares his expertise as an architect to exemplify the importance of design as a partner in care.

B4

Planning for the Future

Robb Miller and Rajiv Nagaich, J.D.

Family Caregiver Track

How do I plan for the future? Attorney Nagaich will explore issues involved in estate planning, guardianship, creating trusts, as well as qualifying for Medicaid. Mr. Miller then explores how to

B5

initiate difficult conversations with family members, physicians, and others to ensure that medical choices are understood, respected and honored. Mr. Miller reviews the three major advanced directive forms available to document these wishes.

The Club: Continuous Programming

Joyce Simard, M.S.W.

Activities Track

What are the benefits of continuous activity programming on a dementia unit? Ms. Simard explains the evidence-base for embarking on continuous activity programming. Ms. Simard then identifies the components and steps to implementing “The Club” at your organization.

B6

Caring Communication

Karen Stobbe, Actress, Comedian, National Trainer

Direct Care Staff or Family Caregiver’s Tracks

How can I stay connected? Ms. Stobbe will discuss the communication changes that occur when people experience dementia. She then provides examples on how to increase communication, build connections, and explore the power in the words “Yes” and “No.”

Break

Explore the Exhibit Tables and the “Faces of Caregiving” Display

2:45-4:00

C1

SESSION C

Understanding the Difference: Cognitive Impairment Screenings

Kristopher Rhoads, Ph.D.

Advanced Practice Track

How can clinicians provide early screening? Dr. Rhoads provides an analysis of commonly used screening measures with a focus on screening venues and specific populations. He also discusses the variances in performance as an indicator of different dementias.

C2

Don't Be Alarmed: Reducing Falls by Eliminating Alarms

Brenda Davidson, R.N.

Dementia Care Leader's Tracks

Are fall alarms helping or hindering people experiencing dementia? Ms. Davidson shares her analysis and subsequent systematic approach to eliminating alarms while reviewing an alternative person-centered method to reducing falls.

Her outcomes will amaze you.

C3

Practical, Cost-effective Solutions for Adapting Home Environment

John Shoesmith, A.I.A., MArch

Alternative: Appropriate for All Tracks

Are our home environments helping or hindering dementia care? Mr. Shoesmith shares the daily environmental challenges someone with dementia faces in their home environments. He then shares cost-effective solutions and a valuable resource list.

C4

Caregiver Game

Kathy Dolan

Family Caregiver Track

What is the Caregiver Game? Ms. Dolan will lead family caregivers in a board game that exemplifies the difficult decisions that all caregivers face.

The game validates the joys and challenges of caregiving. Each attendee will take home the board game and can play with their families to increase their understanding of the caregiving experience.

C5

Namaste: A Holistic Program for Advanced Dementia

Joyce Simard, M.S.W.

Activities Track

What is Namaste? Ms. Simard explores the care challenges for people experiencing advanced dementia. Ms. Simard shares the Namaste Care

C6

approach as well as outlining an implementation strategy for creating a Namaste unit at your facility.

Next: Drugs in the Pipeline

Gail Bosch, R. Ph.

Alternative: Appropriate for All Tracks

Is there a reason for hope? Pharmacist Bosch explores the upcoming medications currently in drug trials.

Our workshops are organized into five different learning tracks with an alternative option. On the day of the conference, you can choose to attend any workshop at any time regardless of the track. Pre-registration for specific workshops is not necessary.

CONFERENCE PLANNING COUNCIL

- John Coeuille, BA, CLTC, Best Care Homes
- Elaine Eggebraaten, ACC, BA, CT
- Lillian Hayashi, BA, NHA, Nikkei Concerns
- Keri Heinen, BS, Wattenbarger Architects, PLLC
- Roger Holbrook, LPN, Alzheimer's Association
- Patricia Hunter, MSW, Alzheimer's Association
- Stephanie Low, LPN, Emeritus Oaks
- Jessica McDougall, BA, CIRS, Senior Services of Snohomish Counties
- Lisa Mayfield, MA, Aging Wisdom
- Dawn Morgan, B.A., C.P.G., G.M.H.S., Alzheimer's Association
- Sue Schepp, RN, BSN
- Ginny Scribner, RN, BSN
- Julie Shatzer, MSW, Alzheimer's Association
- Kathi Stecker, B.A., Good Samaritan Health Care Center

THREE EASY WAYS TO REGISTER

1. **On line:** www.alzwa.org
2. **Phone:** 1 (800) 848-7097
3. **Mail:** Alzheimer's Association
12721 30th Ave NE, Suite 101
Seattle, WA 98125

Registration is *not* available the day of the conference. Space is limited, so please register early.

Please use one form per registrant. Copy this form for additional registrations.

Discipline (indicate one)

- Activity Professional
- Administration
- Certified Case Manager
- Counseling
- Nursing
- Professional Guardian
- Social Work
- Family Caregiver
- Support Group Facilitator
- Other_____

Name _____ Title _____ Company _____

Address _____ State _____ Zip _____

Phone _____ E-mail _____

REGISTRATION FEES	Registration before 4/16/07	Registration after 4/16/07	Lunch, select one (4/27 only)		
			Chicken Teriyaki	NW Salmon	Hazelnut Tortellini (vegetarian)
Pre-Conference Session A (April 26)	\$60	\$100			
Pre-Conference CEUs, Session A for Nursing Home Administrator, Certified Case Managers, Social Workers, Professional Guardians, Counseling, Nursing	\$15	\$15			
Pre-Conference Session B (April 26)	\$60	\$100			
Pre-Conference CEUs, Session B for Nursing Home Administrator, Activity Professionals, Nursing	\$15	\$15			
Conference (April 27) Individual Rate	\$135	\$175	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conference (April 27) Group Rate (4 or more from one organization, per person)	\$100	No Group Rate			
Conference (April 27) Family Caregiver Rate (Space is Limited)	\$40	\$60			
Conference (April 27) Support Group Facilitator Rate (Space is Limited)	\$40	\$60			
Conference CEUs for Nursing Home Administrator, Activity Professionals, Certified Case Managers, Social Workers, Professional Guardians, Counseling, Nursing	\$25	\$25			
Total			REFUND POLICY Refund requests must be made in writing by April 15, 2007. Refunds are not available after April 15, 2007.		

CONTINUING EDUCATION

Certificates of Attendance are provided with each conference registration. Continuing Education Units are available for purchase. Contact hours for this continuing nursing education activity have been submitted to the Washington State Nursing Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Contact Julie Shatzer, Education Director, at 1 (800) 848-7097 for more information.

PAYMENT METHOD

1. Please mail check payable to: **Alzheimer's Association, 12721 30th Ave NE #101 Seattle, WA, 98125**
2. Credit Card Visa MC AmEx
CC# _____
Cardholder's Name _____
Expires (mo/yr) _____ VIN# _____
(last 3 digits on back of card)

SCHOLARSHIPS

A limited number of scholarships are available in memory of D.Q. Loberg for family caregivers. Please call Julie Shatzer, Education Director, at 1 (800) 848-7097. Deadline is April 15, 2007.



Western and Central
Washington State Chapter
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A special exhibition of original photographs by Stewart Hopkins, entitled **"The Faces of Caregiving,"** will be displayed during the conference. This exhibition is made possible by generous donations from Stewart Hopkins and Northwest Framing.