

excellence in caregiving award



The Alzheimer's Association East Central Iowa Chapter is pleased to accept nominations for the Alzheimer's Association Excellence in Caregiving Awards to honor outstanding achievement in caregiving. The Association's Excellence in Caregiving Awards recognize family care partners, organizations, and professionals who serve individuals with Alzheimer's disease and related dementias. Winners will be announced during the Chapter's 17<sup>th</sup> Annual Alzheimer's Disease and Dementia Education Conference. To receive a nomination form, contact the Alzheimer's Association at 800.272.3900 or download the nomination form through our website at [www.alz.org/eci](http://www.alz.org/eci).

conference registration process and other details

This year, there are 3 easy ways to register for the Alzheimer's Disease and Dementia Conference:

- **NEW FOR 2011** Register with your credit card payment **online at [www.alz.org/eci](http://www.alz.org/eci)**
- **Fax the form below** with credit card information to (319) 294-0068
- **Mail** your registration form with payment to:

Alzheimer's Association East Central Iowa Chapter, 317 7th Ave SE, Ste. 402, Cedar Rapids, Iowa 52401

*Partial CEUs will not be awarded; 100% attendance is required. Please do not bring cell phones or pagers. If you have special dietary needs, please make this known no later than August 1st. **Please call 800.272..3900 if you have questions about completing the registration form below.***

official registration form:

**Early Bird Registration: On or before July 15th- \$70** (must receive registration and full payment to receive early bird rate)

**Registration: \$85 - After July 15th** (no exceptions)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone( ) \_\_\_\_\_ Profession \_\_\_\_\_

Email Address \_\_\_\_\_

PAYMENT METHOD (complete self or employer payment method)

*For Day Session Attendees Only*

Self  Check included

MC  Visa  AM Express 3/4 digit code \_\_\_\_\_

Card# \_\_\_\_\_ Exp \_\_\_\_\_

**EMPLOYER**

Check from work (include with registration)  Invoice my employer

Employer Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Please specify profession: Registration requested for**

Nurse  Social Worker  Other \_\_\_\_\_

august 11th day registration (professional)

Select concurrent sessions below from 12:45-1:45 p.m. & 2:05-3:05 p.m. Check one session for each time frame.

**12:45 - 1:45 p.m. MUST SELECT ONE**

- [ ] **1A** Winning Activities for Dementia Care—Troxel
- [ ] **1B** Can We Talk? - Drew
- [ ] **1C** Treatment teams and Families—Panel Discussion

**2:05 - 3:05 p.m. MUST SELECT ONE**

- [ ] **2A** Winning Activities for Dementia Care—Troxel
- [ ] **2B** Can We Talk? - Drew
- [ ] **2C** Treatment teams and Families—Panel Discussion

If not receiving CEUs (Only nurses and social workers receive CEUs) please print your name on the line below for Certificate of Attendance if certificate is desired.

august 10th evening registration

**Free Program** - No CEUs offered

- [ ] Evening session—Traveling the Caregiving Journey
- Current Progress in Understanding and Treating Alzheimer's Disease
- Treatment Teams and Families: A Panel Discussion

**Free Respite** [ ] Yes [ ] No (If Yes, call 800.272.3900 to Reserve)

Take Advantage of the Early Bird Registration Fee!

See details inside.

**Join the Alzheimer's Association Walk to End Alzheimer's** and unite in a movement to reclaim the future for millions. Together, we can raise awareness and funds to enhance Alzheimer care and support and advance critical research. The end of Alzheimer's disease starts here.

**SEPTEMBER 24: Cedar Rapids and Cedar Valley Walks • OCTOBER 1: Iowa City and Northeast Iowa Walks**

17th Annual Alzheimer's Disease & Dementia Conference  
Wednesday, August 10th, 2011  
Thursday, August 11, 2011  
The Hotel at Kirkwood Center  
7725 Kirkwood Blvd SW Cedar Rapids, IA

alzheimer's association  
advancing research, enhancing support

mission sponsors



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Cottage Grove Place  
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and Hospice Care  
Arlington Place Assisted Living and  
Gardens Memory Care of Delwin  
CarePro Health Services  
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Heritage Nursing and Rehab Center  
Hills Bank  
Home Choice Senior Care  
Homewatch Caregivers  
ResCare Home Care IA  
Summit Pointe Senior Living

gold sponsors



## professional (day)

### conference details:

**Date:** Thursday, August 12, 2011

**Date:** August 11th, 2011

**Time:** 8:30 a.m. – 4:30 p.m.

**Location:** The Hotel at Kirkwood Center  
Kirkwood BLVD SE , Cedar Rapids, IA

**Early Bird Registration Fee:** \$70 on or before July 15th (\$85 after July 15th)

**Break-Out Sessions:** Must select one workshop choice from 12:45 - 1:45 p.m. **and** one from 2:05 – 3:05 p.m. (see registration form)

#### Audience:

Nurses, Social Workers, Activity Directors, Nursing Home and Residential Administrators, Department Heads (all), Occupational Therapists and Assts., Physical Therapists and Assts., C.N.A.'s, Counselors, and Faith Leaders

#### CEUs:

**Nursing - 6.4 Contact Hours**  
**Social Work-6.4 hours**

Nursing continuing education credit will be granted by Mercy Medical Center, Cedar Rapids, IA, IBN Provider #57, upon completion of the entire conference.

**No partial credit will be given.**

**Certificates of Attendance are available for other professions upon request.**

**Professionals may submit a Certificate of Attendance and conference brochure to their licensing body, according to their continuing education rule requirements.**

## caregiver (evening)

### session details:

**Date:** Wednesday , August 10, 2011

**Time:** 5:00 p.m. – 8:30 p.m.

**Location:** The Hotel at Kirkwood Center  
Kirkwood BLVD SE , Cedar Rapids, IA

Registration for the evening is required, however there is no cost to attend.

No CEUs or certificate so f attendance will be awarded.

**A light dinner will be provided.**

#### Audience:

Family Caregivers, Faith Leaders, and Community Members

## day session schedule

7:30 -8:30 a.m.	Registration
8:30 -8:45 a.m.	Introductions & Announcements
8:45 -10:00 a.m.	<b>Keynote:</b> David Troxel: <b>The Best Friend's Approach to Alzheimer's Care</b>
10:00 -10:15 a.m.	Break & Visit Sponsor Booths
10:15 -11:15 a.m.	<b>Plenary :</b> Dr. Susan Schultz: <b>Current Progress in Understanding and Treating Alzheimer's Disease</b>
11:15-11:30 am.	Exit to Luncheon
11:30 -12:30 p.m.	<b>Lunch &amp; Excellence in Caregiving Award Ceremony</b>
12:30 -12:45 p.m.	Exit to Break Out Sessions
	<b>Concurrent Break Out Sessions</b>
12:45- 1:45 p.m.	1. <b>"Winning Activities for Dementia Care"</b> David Troxel, M.P.H.
	2. <b>"Can We Talk? Effective Communication Strategies for people with Alzheimer's "</b> Ruth Drew , MS, LPC
	3. <b>"Treatment Teams and Families: a panel discussion on effective communication between family caregivers and health care providers"</b> Cheryl Hennings, RN, Kathy Collison Good ,LISW, Anne Salamon, RPh
1:45 -2:05 p.m.	Break
2:05 - 3:05 p.m.	<b>Repeat of Concurrent Sessions</b> – Select a Different Session
3:05 -3:25 p.m.	Break
3:25 - 4:25 p.m.	<b>Closing Keynote:</b> David Troxel: <b>The Best Friends Staff: Building a Successful and Winning Workplace Culture</b>
4:30 p.m.	Registration Area - CEU certificates (Nurses, LPNs, Social Workers) or pick up Certificates of Attendance (all other professions)

### General Session Presentation Learning Objectives

At the conclusion of each presentation below, the participant will be able to:

#### The Best Friend's Approach to Alzheimer's Care —Troxel

- Understand the Person-centered model of care.
- Identify practical ideas for outstanding dementia care.
- Apply Person-centered model of care to aspects of caregiving including communication, challenging behaviors, and activities.
- Understand the use of life story to bring out the best in care recipients.

#### Current Progress in Understanding and Treating AD –Schultz

- Be familiar with current understanding of the underlying biology of Alzheimer's.
- Recognize new research treatments currently under investigation for Alzheimer's.
- Identify how current treatments relate to the underlying biology of Alzheimer's.
- Understand the importance of clinical trials and how to participate.

#### The Best Friend's Staff—Troxel

- Discover ways to rethink and enhance staff training and development.
- Identify techniques for turning the workplace into a "caring community".
- Utilize new techniques to develop leadership and garner staff involvement in creative care planning.

\* Due to fluctuating temperatures, it is recommended that you dress in layers.

## evening session schedule (FREE, no CEUs)

4:45 - 5:10 p.m.	Registration & Visit Sponsor Display Booths
5:10 - 6:10 p.m.	Dr. Susan Schultz: <b>"Current Progress in Understanding and Treating Alzheimer's"</b> Dr. Schultz will provide the most up-to-date research findings, as well as a review of the next wave of emerging treatments, and the importance of participating in clinical trials.
6:10 - 6:20 p.m.	Break
6:20 - 7:20 p.m.	David Troxel, M.P.H <b>"Traveling the Caregiving Journey"</b> David addresses the Best Friend's philosophy of dementia care and highlights his journey as a professional working in dementia care, as well as a family caregiver, offering insights and reflections on the care giving journey. He will describe the concept of the caregiving "knack," or the art of doing difficult things with ease.
7:20 - 7:30p.m.	Break
7:30 - 8:30p.m.	Cheryl Hennings, RN, Kathy Collison Good, LISW, Anne Salamon, RPh <b>"Treatment Teams and Families: An Expert Paned Discussion on effective communication between health care providers and family caregivers"</b> Caregivers are the most important advocate for their loved one's quality medical care. The panel will discuss common barriers to effective communication and approaches to enhancing communication, between family caregivers and health treatment teams, There will be time for participant questions.
	<ul style="list-style-type: none"><li>• <b>FREE RESPITE CARE</b> will be available for persons with dementia on-site <b>You must register in advance</b> for respite care services. Please call 800.272.3900 to make a reservation by Monday August 8th, 2011. <i>A light box dinner will be provided</i></li></ul>

### Concurrent Break Out Session Learning Objectives

At the conclusion of each session below the participant will be able to:

#### Winning Activities for Dementia Care-Troxel

- Identify ways to reinvigorate activity programming.
- Utilize the model of person-centered care in activity planning.

#### Can We Talk? Effective Communication Strategies for People with Alzheimer's-Drew

- Describe common communication challenges that occur when a person has Alzheimer's or related dementia.
- List practical tips for connecting when language fails.
- Explain effective strategies for communicating with people throughout the course of their disease.

#### Treatment Teams and Families: A Panel Discussion on Effective Communication Between Family Caregivers and Healthcare Providers

- Understand common barriers to effective communication between families and treatment teams.
- Identify techniques to communicate better with families.
- Act as liaisons between families and physicians.

alzheimer's  association®

the compassion to care, the leadership to conquer

## conference faculty:



### keynote speaker

**David Troxel, MPH** has become internationally known for his writing and teaching in the fields of Alzheimer's disease and long-term care. He has co-authored four influential books (most notably, *The Best Friends Approach to Alzheimer's Care*) on Alzheimer's care as well as numerous articles relating to Alzheimer's disease care and staff development and training. His latest book on activities was published in 2004. David received his Master's Degree in Public Health from UMDNJ, Robert Wood Johnson Medical School (formerly Rutgers Medical School) in 1986. David is a past Executive Board member of the American Public Health Association and is a member of the Ethics Advisory Panel for the US Alzheimer's Association



### plenary speaker

**Dr. Susan Schultz** is Professor of Psychiatry at the University of Iowa Carver College of Medicine. She joined the University of Iowa faculty in 1995, and has conducted research on the treatment of dementia and psychosis in late life, as well as brain imaging in persons with memory decline. Dr. Schultz is on the Executive Board of the American Association for Geriatric Psychiatry and she is the Associate Director for Clinical Research for the University of Iowa Center on Aging. She is a Deputy Editor for the *American Journal of Psychiatry* and also serves on the FDA Psychopharmacologic Drugs Advisory Committee as well as numerous national committees addressing late life mental health.

### break-out and panel speakers

**Ruth Kolb Drew, MS, LPC** is Director of Family and Information Services for the Alzheimer's Association. She joined the national office in 2010 after serving 6 years at the Oklahoma and Arkansas Chapter as Sr. Director of Programs. Ruth's counseling experience includes inpatient and agency settings. She has developed numerous education and engagement programs for professionals and constituent families. Ruth has a personal interest in the work of the Alzheimer's Association because her late grandfather had the disease.

**Cheryl Hennings, RN** is the Clinical Director of CarePro Home Health and Home Infusion, with more than 15 years of nursing experience under her belt. This past year, she spoke at the Celebration of Caregivers conference in Cedar Rapids, where she gave key points to consider for how to effectively communicate with healthcare providers.

**Kathy Collison Good, LISW** is in private practice at Collison-Good, Williams & Dunnigan, Associates in Counseling & Consulting. She is secretary of the board of the Alzheimer's Association of East Central Iowa. Kathy is a retired Professor Emeritus from Kirkwood Community College and started the School Social Work Program when she was employed at the Grant Wood Area Education Agency. Her husband, Dave Good, has been living with the visual variant of Alzheimer's disease since June 2003. He was diagnosed at the age of 56; at the time of his diagnosis he was a district court judge.

**Anne Salamon** is a registered pharmacist in a Cedar Rapids hospital. She spent nearly 5 years caring for her father, who had Alzheimer's disease. Anne's role within her father's treatment team ranged from substantial to silenced. Anne's has a unique perspective of a caregiver that was once able to help make decisions and then changed to simply being informed of decisions already made.