

TWIN PORTS

DEMENTIA CONFERENCE

July 31, 2018

Kirby Student Center, University of Minnesota-Duluth

KEYNOTE AND SESSION DESCRIPTIONS

■ MORNING KEYNOTE PRESENTATION

Dementia in Indigenous Populations: Cultural Safety and a Path for Health Equity

Kristen Jacklin, Ph.D.

Compared to majority populations, Indigenous peoples are disproportionately and uniquely impacted by dementia and other related chronic diseases. This presentation will review findings from research on Indigenous experiences and perceptions of dementia, and the socio-political and historical context in which dementia is being experienced.

■ AFTERNOON PANEL DISCUSSION

Dementia in the Northland: What is being done to address care and support?

Facilitated by Baihly Warfield - WDIO/WIRT reporter

Local healthcare experts will come together for a panel discussion on dementia in the Northland and how healthcare systems are working to address this growing concern in our communities. Local community resources will also be on hand to share what services are available to those impacted by dementia. Panelists include representatives from Essentia Health, St. Luke's, Senior LinkAge Line, Douglas County Aging & Disability Resource Center and the Alzheimer's Association.

■ BREAKOUT SESSION ONE

Diabetes and Dementia as a Cluster Condition among American Indian People

J. Neil Henderson, Ph.D.

Kristen Jacklin, Ph.D.

The learner will 1) acquire knowledge of dementia risk with diabetes, 2) learn how social determinants of health are related to the co-occurrence of diabetes and dementia, 3) share experiences of the challenges associated with co-management of diabetes and dementia, and 4) learn of two hypotheses related to future trends in cognitive impairment.

■ Innovations in Dementia Safety and Technology

Ann Forrest Clark, OTR/L, CDRS, LDI

Arshia Khan, Ph.D.

Danish Imtiaz, medical student, George Washington University

Safety is at the top of everyone's mind when considering if someone is able to remain independent in their own home as they age. It becomes a greater concern when issues of dementia enter the equation, and issues expand as the disease progresses. This presentation will identify the key safety risks of remaining at home and explore new technologies entering the market to reduce those risks.

■ Understanding & Responding to Dementia-Related Behaviors

Kendra Lund, LSW

Behavior is a powerful form of communication and one of the primary ways for people with dementia to communicate their needs and feelings as their ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Learn to decode behavioral messages, identify common behavior triggers, and find strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

■ BREAKOUT SESSION TWO

Healthy Living for your Brain & Body: Tips from the Latest Research

Kendra Lund, LSW

For centuries, we've known the health of the brain and body are connected. But now, science is able to provide insights into lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help incorporate these recommendations into a plan for healthy aging.

■ BREAKOUT SESSION TWO (CONTINUED)

Memory Loss and Dementia: An African American and Health Equity Lens

Robbin Frazier

This presentation will provide information regarding the prevalence, risk factors, and health disparities in the African American community. The discussion will explore the barriers and challenges African Americans impacted by dementia face and how we can advance health equity in healthcare systems, support services, and communities.

Update on Medications to Treat Dementia Disorders

Karen MS Bastianelli, PharmD, BCACP

Older adults are often prescribed complex multi-drug regimens while also experiencing declines in the cognitive and physical ability required for medication management, leading to increased risk of medication errors. This session will discuss what caregivers and providers need to know to minimize side effects and maximize the effectiveness of commonly used medications used to treat dementia.

■ BREAKOUT SESSION THREE

The Arts and Dementia Care

Natalie Hest, MT-BC

Karen Turner, ATR-BC, LPC

Music and art can enrich the lives of people with dementia. Both allow for self-expression and engagement, even after dementia has progressed. Experience music and art therapy and the benefits for individuals living with dementia. This session will cover current therapy trends in dementia care and give ideas on how caregivers can successfully use music and art as a tool.

Legal & Financial Basics after a Diagnosis

Suzanne M. Blank

Kristin Parendo

Knowledge of legal and financial issues is critical to making thoughtful decisions and to overall wellbeing. This session will cover the essential legal and financial planning tools and resources needed for people impacted by dementia.

The Caregiver's Journey to Emotional Wellness

Karina Krosbakken, MSW, LGSW

Jenna Pogorels, MSW, LICSW

This session will focus on the journey a caregiver takes while caring for someone with dementia. We will discuss what caregiving is, and the impact caring for someone with dementia has on a caregiver. We'll also explore how our thoughts and feeling can impact our caregiving experience, and discuss strategies to promote selfcare and emotional wellness.

■ SPEAKERS

Dr. Karen Bastianelli is a licensed pharmacist practicing in Minnesota and Wisconsin. She currently works for the University of Minnesota-College of Pharmacy and is responsible for ensuring students are competent and compassionate pharmaceutical care providers. In addition, Dr. Bastianelli provides Medication Therapy Management services at a local, federally funded health care facility to encourage that medications are used as safely and effectively as possible.

Suzanne M. Blank has been with the law firm of Till, Salzer & Blank since 1992. Her practice focuses primarily on Estate Planning, Real Estate and Elder Law, including Guardianships, Power of Attorneys, and helping disabled clients set up WisPACT accounts. She has a Certificate in Mediation from UWS and is interested in the emerging area of mediating issues of the elderly. Attorney Blank received her BA in Business Administration from the University of Minnesota-Duluth and her law degree from Marquette University.

Ann Forrest Clark is an occupational therapist at St. Luke's with 36 years of experience in the fields of geriatrics and dementia care. She is the chair of the St. Luke's Dementia Care Committee, and a member of the Dementia Friendly Duluth initiative. Ann is a MN licensed driving instructor and certified driving rehabilitation specialist completing clinical and behind-the-wheel assessments to help individuals with dementia recognize driving safety concerns. Ann also completes Home-Safety Assessments.

Robbin Frazier is the Director of Diversity and Inclusion at the Alzheimer's Association Minnesota-North Dakota Chapter. Her role includes outreach advancing health equity and reducing health disparities for diverse and underserved communities.

Frazier serves on the Cultural Responsiveness Committee reporting to the Alzheimer's Disease Working Group, providing recommendations for Minnesota's State Alzheimer's plan. She also serves on the Board of Directors for the African American Leadership Forum (AALF), and co-chairs the Health and Wellness Workgroup (HWG).

J. Neil Henderson, Ph.D., is a professor in the Department of Family Medicine and Biobehavioral Health and Executive Director of the Memory Keepers Medical Discovery Team at the University of Minnesota Medical School, Duluth campus. Dr. Henderson is a medical anthropologist who has done biocultural analyses of health and disease from a cross-cultural lifespan perspective among American Indian/Alaska Native populations, Spanish speakers, and African-American populations. Dr. Henderson is a voting member of the Choctaw Nation of Oklahoma.

■ SPEAKERS (CONTINUED)

Natalie Hest is a board-certified and licensed music therapist currently serving individuals across Northeast Minnesota through Essentia Health's Home Hospice program. She earned her bachelor's degree in music therapy with high distinction from the University of Minnesota-Twin Cities. She has experience providing music therapy in home hospice, oncology, long-term and memory care, special education, mental health, and other community based programs.

Danish Imtiaz is a medical student at George Washington University Medical School. Danish was recently awarded the Marilyn Koering award, presented to the first-year medical student with the highest overall grade in anatomical sciences.

Dr. Kristen Jacklin is a medical anthropologist specializing in Indigenous health research using community based participatory research methods. Dr. Jacklin is the Associate Director of the Memory Keepers Medical Discovery Team – Health Equity and Professor in the Department of Family Medicine and Biobehavioral Science at the University of Minnesota-Duluth Medical School. She is a principal investigator on Canada's national dementia research strategy – the Canadian Consortium on Neurodegeneration in Aging.

Dr. Arshia Khan, Associate Professor of Computer Science, has earned an M.S. in Computer Science and Ph.D. in Information Technology. Her research focus in biomedical engineering involves using assistive robots and wearable wireless sensors in maintaining the quality of life of individuals affected with Alzheimer's.

Karina Krosbakken, MSW, LGSW is the Aging Services Specialist at Age Well Arrowhead. Karina works with older adults and caregivers in the community through care consultations, family meeting facilitation, caregiver counseling, and more. She received her Master's degree in clinical social work from the University of St. Thomas / St. Catherine University in St. Paul where she specialized in gerontological social work through the Area of Emphasis in Aging program.

Kendra Lund is a Program Manager with the Minnesota-North Dakota chapter of the Alzheimer's Association, out of the Fergus Falls office. Kendra is a Licensed Social Worker with a BSW in social work. Kendra has over 10 years of social work experience. In her current position, Kendra is able to serve families and the community through educational opportunities, and individualized support and services.

Kristin Parendo has practiced elder law at Legal Aid Service of Northeastern Minnesota since 2001, providing free service to adults ages 60 or older across the seven-county northeastern Minnesota region, though grants such as the Older Americans Act. She is a lifelong northern Minnesotan, living in her hometown of Esko, with her husband, two boys, and an assortment of farm animals.

Jenna Pogorels, MSW, LICSW is the Program Manager for the Alzheimer's Association Minnesota-North Dakota Chapter in Duluth. She works with individuals impacted by dementia through care consultations, family meeting facilitation, early stage programs, community and professional education. Pogorels has a Master's degree in social work from the University of Washington, Tacoma, and is licensed as a Licensed Independent Clinical Social Worker (LICSW) with the MN Board of Social Work.

Karen Turner is a registered art therapist and licensed professional counselor in Wisconsin. She has 25 years of experience in the field working with various populations including people with dementia.