

2026 CAREGIVER SUMMIT & EXPO SCHEDULE

MARCH 27, 2026-MERCER ISLAND COMMUNITY CENTER

TIME	ROOM #	SESSION
10:00 AM		Doors open, Registration begins & exhibitors open
11:00AM-11:45AM	Rm: 102	Beyond 'Wait and See': Science -Backed Solutions for Cognitive Health-NewDays AI-Daniel Kelly, NewDays Cofounder and Chief Innovation Officer Explore the latest science on maintaining and building cognitive reserve—your brain's resilience as you age. Learn evidence-based, non-drug approaches, how AI is improving access to these therapies, and hear real stories of their impact on families.
11:00AM-11:45AM	Rm: 103	Wandering, Weapons, & Emergencies: Safety Essentials for Caregivers-Presented by Mercer Island Police Department This session equips caregivers with essential strategies to keep individuals living with dementia safe. Learn how to manage wandering, prevent access to hazards, and respond effectively in emergencies.
11:45AM-12:15PM		BREAK/GRAB LUNCH & VISIT EXHIBITORS
12:15PM-1:00PM	Rm: 102	Adjusting Together: Caregiving in the Early Stages Hear directly from caregivers in this panel discussion about the challenges and rewards of supporting someone in the early stages of dementia. Gain practical tips, emotional insights, and strategies for navigating this stage together. Moderator: Marigrace Becker (UW Memory Hub) Panelist: Allyson Schrier, Scott Meden & Ann Dingwall
12:15PM-1:00PM	Rm: 103	Caring Through Change: Caregiving in the Mid- and Late-Stage A panel of experienced caregivers shares their insights and strategies for supporting loved ones through the mid- and late-stages of dementia. Learn practical approaches, coping strategies, and ways to navigate the evolving challenges of caregiving. Moderator: Karen Nelson (Overlake Terrace -Stellar Senior Living) Panelist: Madeline Bastida, Eric Wollan, Sarah Martin & Lou Ann Carter
1:15PM-2:00PM	Rm: 102	Empowered Caregiver Series: Building Foundations of Caregivers-Alley Schmidt Alzheimer's Association Volunteer Explore the role of caregiver and changes they may experience, building a support team and managing caregiver stress.
1:15PM-2:00PM	Rm: 103	Protect Yourself from Fraud & Identity Theft-Kay Tomlinson, AARP Con artists don't care how hard you worked. They steal billions from Americans like you every year. In this session, we will share an inside look at how scammers think, how to safeguard against identity theft and fraud, hear first-hand accounts from victims, and what to do if you or someone you know has been a victim.
2:10PM-2:50PM	Rm: 102	Staying Safe: Fall Prevention and Care Strategies for Dementia-Karen Kettner, RN, Trauma Program Manager at Overlake Medical Center & Clinics in Bellevue Learn from an RN about preventing falls and supporting safety for individuals with dementia. This session will cover practical tips for reducing fall risks and strategies to help manage care in emergency and everyday situations.
2:10PM-2:50PM	Rm: 103	Downsizing and Decluttering: You Can't Take it With You-Cynthia Henton, AARP Learn practical tips to start decluttering and organizing your space while discovering how a more streamlined environment can reduce stress, boost productivity, and improve your overall well-being.
3:00PM-3:40PM	Rm: 102	Empowered Caregiver Series: Supporting Independence-Mubanga Bowa Alzheimer's Association Volunteer This course focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.
3:00PM-3:40PM	Rm: 103	Understanding GUIDE: A New Medicare Benefit for People Living with Dementia and Their Families-Nolia Health An introduction to the Dementia GUIDE Model, a practical framework to improve care, communication, and quality of life for people living with dementia and their caregivers
3:40PM-4:00PM		Last call for visiting exhibitors