Registration Form
Healthy Aging Conference 2018,
Dementia: Understanding their Journey

Name ________________________________________________
Address ______________________________________________
City_______________________ State______ Zip_____________
Phone: _______________________________________________
Employer: ____________________________________________
Job title: _____________________________________________
Email: ________________________________________________
Fee (payment must accompany this form): ________________
If registering a family, how many total family members (including yourself): ________________

Payment Method
Please include check or credit card information if mailing payment. Make checks payable to “Gundersen Health System.”
☐ Check # ________________
☐ Cash  ☐ Visa   ☐ Mastercard

_____________________________________________________
Name as it appears on card
Card # ________________________________________________
Exp. Date _______/__________ CVV code ___________

Signature

Please return no later than Friday, Nov. 2, to:
Gundersen Health System
Community and Preventive Care Services
SIMS-004
1900 South Avenue
La Crosse, WI 54601

For more information, please contact
Gundersen Health System Community and Preventive Care Services, (608) 775-4717
or (800) 362-9567, ext. 4717.

To register online, visit:
gundersenhealth.org/healthyaging.
Conference Purpose: To educate and raise awareness about dementia and the actions we can take to help others along their journey.

Agenda
7:30 to 8 a.m. – Breakfast provided by Verve, a Credit Union – view vendor displays
8 a.m. – Welcome, Chris Butler, Regional President, Verve, a Credit Union
8:15 to 9 a.m. – Healthy Living for Your Brain and Body: Tips from the Latest Research
Annie Alesnik Bongiorno MA, BS, Program Director, Alzheimer’s Association of Greater Wisconsin
At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity; physical health and exercise; diet and nutrition; and social engagement.
In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area.

9:05 to 9:50 a.m. – Breakout 1A – Dementia Care Practice Recommendations: Defining Quality Dementia Care
Annie Alesnik Bongiorno MA, BS, Program Director, Alzheimer’s Association of Greater Wisconsin
Developed by dementia care experts convened by the Alzheimer’s Association, the Guidelines for Dementia Care Practice emphasizes high quality, person-centered care in long term and community-based settings. Person-centered care, the foundation of the recommendations addresses the changing needs of each person with dementia.

9:50 to 10:05 a.m. – Break
10:05 to 10:50 a.m. –
Breakout 2A – Communication Strategies in Dementia Care
Jody Krainer, MSW, LCSW, MBA, Dementia Diagnostic Clinic Network Manager, Wisconsin Alzheimer’s Institute
This session will give a brief overview of what dementia is, and then discuss key communication strategies in dementia care.

Heidi M. Eglash, Attorney, Johns, Flaherty & Collins, SC and Karla Swaney, Senior Area Manager, Verve, a Credit Union
In this session, Heidi and Karla will share information and tips for planning, memorializing, and effectively using legal documents and procedures available to protect a loved one whose abilities to manage finances and property may be compromised. The discussion will also include suggestions about how to have any needed conversations with loved ones about this sensitive issue and what to do if a crisis (such as fraud or loss) occurs.

11 a.m. to noon – Luncheon Keynote: Caring for a Person with Dementia
Kelly Fehrenbacher, MD, Gundersen Health System, La Crosse
Dr. Fehrenbacher will provide a brief overview of Dementia and share some tips to help caregivers better understand and cope with the challenges of caring for someone with dementia.

Noon – Wrap-up, Closing and Evaluations

Who should attend:
- RNs, LPNs, certified nursing assistants, resident care assistants, social workers at all levels, recreational therapists, health educators, administrators
- Case managers
- Care coordinators
- Home care providers
- Long-term care facility employees
- Family care network providers
- Service referred agency staff (i.e. Aging Unit, ADRC)
- Family or professional caregivers
- Anyone interested in learning more about healthy aging

Special Accommodations
If you have any questions or concerns about this program or require special assistance or accommodations in order to participate, including dietary needs, please contact Shayna Schertz at (608) 775-3885 or (800) 362-9567, ext. 53885.

ADA statement:
In accordance with the Americans with Disabilities Act, Gundersen Health System seeks to make this conference accessible to all. If you have a disability that might require special accommodations, please e-mail your needs to slschert@gundersenhealth.org or call (608) 775-3885.

Cost:
- $25 for professional caregivers
- $10 for all other participants
- $25 for families (up to six family members)

Fee includes all program materials, breakfast, beverages and lunch. Please register no later than Friday, Nov. 2. Registration fees are non-refundable.

Other Info
- All participants will receive a certificate of attendance

Funding provided by:

GUNDERSEN MEDICAL FOUNDATION

Additional support provided by:
Alzheimer’s Association