

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.

GUNDERSEN
HEALTH SYSTEM®

1900 South Avenue, SIMS-004
La Crosse, WI 54601



Healthy Aging Conference 2018

Dementia: Understanding their Journey

Monday, Nov. 12

Breakfast and Registration – 7:30 a.m.

Conference – 8 a.m. to Noon

Radisson Hotel
200 Harborview Plaza
La Crosse, Wis.

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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.

Breakout 1B – Understanding Alzheimer's and Dementia

Sharlene Bellefeuille, ADC, AP-BC, Outreach Specialist, Alzheimer's Association Greater Wisconsin Chapter

We will explore the relationship between Alzheimer's disease and dementia. Examine what happens in a brain affected by the Alzheimer's. Detail the risk factors for the disease and the three general stages. We will identify the FDA-approved treatments currently available to treat some symptoms and then look ahead to what's on the horizon for Alzheimer's research.

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.

Breakout 2B – Establishing Legal & Financial Safety Nets: A How-To Guide

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**

verve
a credit union

Additional support provided by:

Alzheimer's Association