



THE BRAINS BEHIND SAVING YOURS.®

Workshop Sessions – Alphabetical Order

Alzheimer's Research and Moving Forward (Keynote Address 9:00AM)

Dr. Heather Snyder of the Alzheimer's Association will share the latest in Alzheimer's research, including new research coming out of the largest convening of dementia science in the world - the Alzheimer's Association International Conference (AAIC); she will discuss the most current science on factors that may affect a person's risk for developing Alzheimer's or dementia; will share the latest in tools being developed to advance early detection and diagnosis of Alzheimer's and related dementias; will profile one of the current on-going prevention trials; and will assure participants understand the current landscape of Alzheimer's disease clinical trials.

Heather Snyder, Ph.D., Senior Director, Medical and Scientific Relations, Alzheimer's Association

Creative Aging (Offered at 11:30AM & 2:00PM)

In the last decade, museums, symphonies and individual practitioners across the globe have created safe spaces and educational and social programs for adults with memory loss to engage in arts-related activities. Story-telling, performance art, and visual expression included. Lia Miller, of the Creative Aging Network- North Carolina, will share the research results of two programs in particular: ARTmail for Alzheimer's, an art exchange project, and TimeSlips, an international story-telling initiative. Attendees will also participate in a TimeSlips activity and learn about various creative resources. Tracy McGinnis, with Southminster and Creative Aging Network - Charlotte, will provide an overview of initiatives engaging the arts and aging communities in the Charlotte area.

Lia Miller, BFA, Executive Director, Creative Aging Network – North Carolina; Tracy McGinnis, B.A., Director of Philanthropy, Southminster

Dealing with Grief (Offered at 2:00PM)

Navigating the maze of dementia is complicated by bearing the burden of grief for both the individual with the diagnosis and the caregiver. Grief permeates our thoughts and actions affecting our and our loved ones' well-being. While each individual's experience is unique, there are still common weights to bear. Drawing on his personal stories, Bill Smutny will illustrate how he and his wife, Laura, have dealt with their ongoing grief and sorrow as they have journeyed through their lives and Laura's younger-onset Alzheimer's.

William (Bill) Smutny, M.S.

Dementia Care Practice Recommendations (Offered at 11:30AM)

The Alzheimer's Association 2018 Dementia Care Practice Recommendations outline recommendations for quality care practices based on a comprehensive review of current evidence, best practice and expert opinion. The 2018 Dementia Care Practice Recommendations were developed to better define quality care across all care settings and throughout the disease course. They are intended for professional care providers who work with individuals living with dementia and their families in residential and community based care settings.

The intended audience for this workshop is professionals.

Courtenay O'Donoghue, Ph.D., Director Program Services, Alzheimer's Association – Western Carolina Chapter; Roy Goforth, BSBA, CSA, Franchise Owner - Home Instead Senior Care

Dementia and the Role of Technology (Offered at 10:15AM)

In this workshop, Jack Brosch, IT professional and caregiver, will explore the various uses of technology related to Dementia with particular attention to safety and the environment, activities and quality of life, and therapy.

Jack Brosch, IT Professional, Caregiver

“Doc, I think I am taking too many medications!” (Offered at 10:15AM)

Participants will learn about the dangers of polypharmacy and review potentially dangerous medications for older adults. Dr. Anthony Caprio will present strategies for prioritizing medications and “describing” medications.

Anthony Caprio, M.D., CMD, AGSF, Associate Professor, Program Director Geriatric Medicine Fellowship, Medical Director Division of Aging – Atrium Health

Hospice Care – It's About How You Live! (Offered at 11:30AM)

If you are afraid of the word hospice or don't know what palliative care means, this is a must attend session! We will bust the myths surrounding end-of-life care. Participants will gain comfort and confidence talking about advanced care planning and hospice.

This session is intended for caregivers or those wishing to understand hospice and palliative care better.

Tina Ketchie Stearns, MBA, Speaker, Author, Educator

Is this Alzheimer's disease? (Offered at 10:15AM)

As part of the initial evaluation for any cognitive disorder, it is important to rule out other causes of dementia such as LewyBody disease, vascular dementia, frontotemporal dementia and other parkinsonian dementias. In this workshop, Dr. M. Reza Bolouri will discuss the different forms of dementia and the process of evaluating patients for an Alzheimer's disease diagnosis.

M. Reza Bolouri, M.D., Board Certified Neurologist, Founder – Alzheimer's Memory Center

Maximize Your Reach: Join the Community Resource Finder (Offered at 2:00PM)

In this session, participants will learn how to navigate the Alzheimer's Association on-line Community Resource Finder. This is a "how to" session on adding your services and resources to the Community Resource Finder. Caregivers and professionals across the country use this database to find in-home care providers, elder law attorneys, neurologists, and much more! Come learn how to maximize your reach.

This session is intended for healthcare, senior industry, and other professionals.

Jessica Lanier, MSW, Family Services Manager, Alzheimer's Association – Western Carolina Chapter

Navigating the Environment: Space and Safety (Offered at 10:15AM & 2:00PM)

Participants will receive a general overview of home safety principles and common hazards to avoid. This exhibit and workshop is a hands-on approach to bringing safe solutions to the home environment. Participants will identify fall hazards in the home and 3 ways to utilize furniture arrangements to maximize safety, and will be able to verbalize the hazards of giving a walking device (walker or cane) to an individual in the latter stages of Alzheimer's or a related dementia.

This session is intended for caregivers or providers providing care in a home environment.

Alison Starkey, P.T., MBA/MHA, CAPS, CDP, Owner – Gaitway of Charlotte; Kimberly Terry, OTR/L, CAPS, Gaitway of Charlotte

Providers hate talking about end of life and dying (Offered at 10:15AM)

If you are a medical professional, this is a must attend session. Baby boomers are turning 65 years old at a rate of 10,000 a day! Data indicates as well as that palliative care increases the quality of care at end of life, decreases medical costs, and improves care-givers support systems. Bring your fears about this topic and engaging with patients and families and leave the session without them and more comfortable and confident about care at end of life.

This session is intended for medical professionals.

Tina Ketchie Stearns, MBA, Speaker, Author, Educator

Psychiatric co-morbidities in Alzheimer's Disease (Offered at 11:30AM)

In this workshop, Dr. M. Reza Bolouri will discuss evaluation and management of psychiatric co-morbidities in Alzheimer's disease. The most important part of behavioral management of patients with Alzheimer's disease is to first distinguish the possibility of pre-existing psychiatric disorders such as depression, anxiety, bipolar disorder, agitation or psychosis. Once evaluated, we can begin to treat and manage the behavioral manifestations that can happen to some patients with Alzheimer's disease.

M. Reza Bolouri, M.D., Board Certified Neurologist, Founder – Alzheimer's Memory Center

Standing Guard: Protect What You Worked For (Offered at 11:30AM 7 2:00PM)

Participants will learn strategies to help you guard your most valuable assets and protect your pre – and post-retirement income. Emphasis will be placed on longevity, health care and long term care costs and controls.

Keith Ross, AAMS, Edward Jones

The Alzheimer's Family – Maintaining Connections While Caring and Coping (Offered at 10:15AM & 2:00PM)

Alzheimer's disease and related dementias impact family roles and relationships including young and adult children, spouses, and the individual living with the disease. This workshop will explore ways to maintain positive relationships throughout the dementia journey and introduce tools for effective communications and interactions.

Mary Ann Drummond, R.N., Speaker, Educator, Member ALZ Authors

The Public Health Crisis: Alzheimer's on the Front Lines (Offered at 2:00PM)

The Alzheimer's Association works to advance public policies at the state and federal levels of government to enhance care and support, as well as to accelerate research. Recognizing Alzheimer's disease as a public health crisis, recent legislation has focused on intervention earlier in the disease process through a public health infrastructure. According to the 2018 Facts and Figures report, early and accurate diagnosis of Alzheimer's could save our country up to \$7.9 trillion in medical and care costs. This session covers past legislative progress made on this front and the current political landscape, through the lens of public health initiatives at the state level and nationally. The session will also share how concerned citizens can most effectively influence policy platforms that will create more dementia friendly communities locally, and throughout the country.

Scott Herrick, M.S., Alzheimer's Association - North Carolina State Public Policy and Advocacy Director; Marie Glapiak, M.A., Advocacy and Operations Manager, Alzheimer's Association – Western Carolina Chapter

The Story Behind the Stories of the ALZAuthors (Offered at 10:15AM & 11:30AM)

Both of Jean Lee's parents were diagnosed with Alzheimer's disease on the same day.

When Ann Campanella was 33 and trying to become pregnant herself, her mother descended into Alzheimer's disease.

Deeply affected by their personal caregiving experiences, both Jean and Ann wrote memoirs.

In this session, they will read from their memoirs, *Alzheimer's Daughter*, and *Motherhood: Lost and Found*, and will discuss how ALZAuthors became a community of caring and support across the globe.

Ann Campanella, B.A., Author, AlzAuthors – Management Team;

Jean Lee, Author, AlzAuthors – Cofounder

Together We Can (Closing Session 3:15PM)

The current state of Alzheimer's and its future trajectory are monumental in scope and to tackle a disease as pervasive as Alzheimer's, we need an army of support. To build our army, the Alzheimer's Association is transforming into a volunteer-powered organization. Meaningful volunteers are full partners in advancing our mission to provide and enhance care and support for ALL affected. Those partnerships begin with a passionate connection to our cause. Hear from some of our most valued volunteer-partners about why they have committed their voices to End Alzheimer's.

Maggie Norris, Moderator, Principal at Indigo B LLC; Mark Bumgarner, MS, Executive Director, Adult Life Programs; Juanita Wade, Volunteer-Partner, Alzheimer's Association – Western Carolina Chapter; Wesley Misson, Partner, Cadwalader, Wickersham & Taft LLP

Understanding Risks Associated with Alzheimer's and Dementia (Offered at 10:15AM)

Today, there are over 5.7 million Americans living with Alzheimer's. What may increase an individual's risk for developing this disease in later life? This session will examine the current state of the science on factors that affect an individual's risk for Alzheimer's and related dementia, including genetics, the differences in men and women, the differences seen across populations and around the world, and what may account for these differences. This session will also focus on the new areas of research coming out from the Alzheimer's Association International Conference (AAIC).

Heather Snyder, Ph.D., Senior Director, Medical and Scientific Relations, Alzheimer's Association

Walk with Us: A Panel Discussion by Those Living with a Diagnosis (Offered at 11:30AM)

Set aside your book knowledge and anything you may think you know about Alzheimer's and come to hear what a panel of those with the diagnosis actually has to say about life with the disease. Panelists learning to walk through the maze of early and mid-stage dementia will share their insights and frustrations, coping strategies for living in an ever-changing world, and what they would like you know.

William (Bill) Smutny, M.S., Moderator; David Arnold; Judy Brinkley, BCBE, MS; Brian Evers

What's in a trial? (Offered at 10:15AM)

Alzheimer's Association TrialMatch is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers and physicians with current studies. Our continuously updated database of Alzheimer's clinical trials includes more than 260 promising clinical studies being conducted at over 700 trials sites across the country.

People with Alzheimer's, caregivers and healthy volunteers are needed today to participate in Alzheimer's and dementia research. When you join a clinical trial, you have an opportunity to participate in vital research that could change the course of Alzheimer's disease and improve the lives of all those it affects. This session will take you through how to access and navigate TrialMatch as well as provide an overview of the various types of studies.

Redia Baxter, MPA, Community Outreach and Education Manager, Alzheimer's Association – Western Carolina Chapter

Your GPS for Senior Living (Offered at 11:30AM & 2:00PM)

Participants will engage in case-study/ vignette discussions intended to broaden their perspective of the aging process. They will learn about options to alleviate some of the common hurdles of navigating dementia. Topics include when and how to stop driving, when safety concerns start to arise, and red flags. Participants will explore when to seek outside assistance and what senior living services are available to make navigating senior living smoother.

Chanel Glover, M.A., Director of Business Development, Brookdale Senior Living Solutions; Meghan Knight, M.S., Sales Manager, Brookdale South Charlotte