



thursday, april 4, 2019

mohegan sun earth expo & convention center

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VISIT ALZ.ORG/CT TO REGISTER ONLINE

The Alzheimer's Association Connecticut Chapter is pleased to present the 22nd Annual Dementia Education Conference. This full-day conference is designed for both professionals and family caregivers. Our goal is to share best practices and creative interventions for the care, treatment and preservation of the quality of life of persons with Alzheimer's and related dementias. **Note: Conference session content targets specific audiences (caregiver ♥, professional ♦, advanced professional ★, administrator ♡).**

2019 EDUCATION CONFERENCE COMMITTEE

Stacy A. Batty-Chavis, MA.....	Alzheimer's Association Connecticut Chapter
Opal Betz.....	Care Partner
Colin Burns, DNP (ABD), RN	DNP Candidate
Sandra Cook, CSA, CDP.....	Home Helpers of Farmington Valley
Carolyn A. DeRocco, BA.....	Alzheimer's Association Connecticut Chapter
Christine Dileone, MSN, RN.....	University of Connecticut School of Nursing
Sharman H. French, LCSW, ACHP-SW.....	Masonicare Home Health and Hospice
Megan A. Gill, BA, CDP.....	The Village at McLean
Michael R. Hetsko, MSW.....	Alzheimer's Association Connecticut Chapter Volunteer
Tina Hogan.....	Alzheimer's Association Connecticut Chapter
Florence Johnson, RN, MSN, MHA, CDP.....	Qualidigm
Shanon Jordan, LMSW.....	Alzheimer's Association Connecticut Chapter
Nancy V. Leonard, MSW, LCSW, MBA.....	New England Home Care
Patti Massa, BSW, CMC.....	Apple Rehab Colchester
Casey McGannon, MA, CDP.....	Sage Solutions, LLC
Renee Michaud, BS.....	Bristol Hospital & Health Care Group
Joan K. Monin, PhD.....	Yale School of Public Health
Harry E. Morgan, MD (Activity Medical Director).....	The Center for Geriatric and Family Psychiatry
Pamela Orr.....	Student Volunteer
Cynthia R. Resto, BA.....	DORS/State Unit on Aging
Elena Schjavland, PhD, APRN (Lead Nurse Planner).....	Keys2Memory
Cecelia Sullivan, MS Ed., HTP.....	Care Partner /Family Advocate/Healing Touch Practitioner
Gurney Williams, MS.....	Journalist, Public Speaker, Alzheimer's Association Advocate

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Maria C. Carrillo, Ph.D., is Chief Science Officer at the Alzheimer's Association. Dr. Carrillo has a wide range of responsibilities, including oversight of the Association's grant-making process and communication of scientific findings within and outside of the organization. She directly manages several Alzheimer's Association initiatives, including the Research Roundtable, the World-Wide Alzheimer's Disease Neuroimaging Initiative, and the Global Alzheimer's Association Interactive Network. Dr. Carrillo is on the Advisory Committee for the World Health Organization Dementia Setting Priorities & Portfolio Analysis. She is a member of the National Advisory Council on Aging, which advises the Secretary of the U.S. Department of Health and Human Services and the Directors of the U.S. National Institutes of Health and National Institute on Aging.

Dr. Carrillo received her Ph.D. from Northwestern University's Institute for Neuroscience in 1996. She completed a postdoctoral fellowship in the Division of Neurological Sciences at Rush University Medical Center in Chicago, where she later took a position as an assistant professor.

Keynote Session: Perspectives from the Alzheimer's Association: Research Updates and the Importance of Diversity in Clinical Trials

This presentation will address the current state of the field in Alzheimer's research, highlight Alzheimer's Association's sponsored research projects and discuss the importance of under-represented populations in Alzheimer's disease clinical trials.

Presented by: Maria C. Carrillo, PhD, Chief Science Officer, Medical & Scientific Relations Division, Alzheimer's Association

- A1 Dementia 101: Introduction to Alzheimer's Disease and Related Disorders** ♥♦★🛡️
This session will provide an introduction and overview of Alzheimer's disease and related disorders. The intended audience includes caregivers and professionals new to the field along with those desiring an update on key concepts and emerging trends in diagnosis and management of AD and other conditions.
Presenter: Lavern A. Wright, MD, Associate Professor of Medicine, UConn Center on Aging
- A2 Creating Daily Moments of Success** ♥♦
For individuals living with dementia, planning a day can be confusing and overwhelming. This workshop will provide the participant with a general understanding of how to choose activities in ways that will most engage individuals with dementia and illicit a positive emotion for a more satisfying day.
Presenter: Patricia B. O'Brian, BS, CDP, Dementia Specialist, Hartford HealthCare Center for Healthy Aging
- A3 Dance Therapy & Dementia: "Together Moments" through Body Communication** ♥♦
The American Dance Therapy Association defines Dance Therapy as "the psychotherapeutic use of movement as a process which furthers the emotional, cognitive, physical, and social integration of the individual." This workshop discusses Alzheimer's and dementia, in general, through the lens of a Dance/Movement Therapist. Discussing the science of mirror neurons, verbal/nonverbal communication and freedom in creative expression we will add to our tool belts as professionals and caregivers ways to combat patient loneliness and isolation by fostering moments of integration; moments of "we."
Presenter: Averi Kelly, MS, Registered-Dance/Movement Therapist (R-DMT)
- A4 Neuropsychological Assessment of Patients with Dementia** ♦★
This lecture will provide an overview of the neuropsychological evaluation process with an emphasis on its application in dementia. Indications for referral will be reviewed, as will the assessment of different cognitive domains (e.g., memory, attention, language, executive skills) and mood. It will also include a discussion of potential recommendations which can follow from an evaluation.
Presenters: Beth Springate, PhD, ABPP-CN, Assistant Professor of Psychiatry, UCONN Health; **Kristina Zdanys, MD**, Assistant Professor, Department of Psychiatry, University of Connecticut School of Medicine
- A5 Narrative Storytelling as the Gateway to Dementia Advocacy** ♥♦★🛡️
This session showcases the program; To Whom I May Concern (TWIMC), an interactive theater program designed to give voice to people in the early stage of a progressive brain illness such as Alzheimer's disease. Working with a facilitator, these TWIMC Groups, co-create their own narrative, expressing their fear, anger, frustration, hope and determination; often with humor and love. The program has served as the pathway to increased involvement in their community including "Dementia Friends", peer to peer support and an interest in seeing themselves as teachers and mentors. Five Connecticut individuals will perform their narrative script, followed by dialogue and conversation with session participants.
Presenters: To Whom I May Concern performance group; Bob Savage, Pat Murphy, Charles Michalak, John Bennett, Bill Martin; Dan Belonick, LCSW, MDiv., Director of Counseling, LiveWell; **Jenna Weiss, R-DMT, NHA**, Director of Learning, LiveWell

A6 Leading a Life of Legacy ♥♦★♠

This presentation sparks the fundamental question of how we will be remembered and crystallizes the essence of a meaningful life. Realize your best life now. Through stories and strategies, Rabbi Cohen provides the framework for reigniting a life journey of deeper fulfillment and impact. Make the most of every day, and live life with greater purpose, passion, and realized potential.

Presenter: Rabbi Daniel Cohen, Congregation Agudath Shalom

A7 Support the Rights of Sexual Expression While Protecting the Vulnerable ♦★♠

This session will review opportunities to support individuals you care for around sexual expression. Participants will learn the difference between sex and intimacy and why this may be seen as taboo. How do you support a person's healthy sex lives while protecting the vulnerable? What are the tools used in identifying capacity to consent for individuals with memory loss? From frontline associates and family education to LGBT advocacy, join us as we share examples of policies and employee handbooks talking points.

Presenters: Kelly McCarthy, BC-DEd, NHA, CDP, Corporate Director of Memory Care and Resident Engagement for LCB Senior Living; Owner of Brass Ring Wellness; **Andrew Rosenzweig, MD, MPH**, RI Medical Director, MedOptions, Assistant Clinical Professor, Brown University

A8 Connecticut Research: Rapid Fire Research Session ♥♦★♠

This innovative rapid fire Alzheimer's Disease and Related Dementia (ADRD) research session will provide participants a glimpse into the current and future research happening throughout Connecticut. Panelists will offer participants diverse perspectives targeting state of the art continuum of clinical laboratory research to process-oriented community based interventions.

Presenters: Peter McAllister, MD, Medical Director, New England Institute for Neurology and Headache; Chief Medical Officer, New England Institute for Clinical Research and Ki Clinical Research; **David S. Russell, MD, PhD**; Director, Clinical Research, Institute for Neurodegenerative Disorders **Richard Fortinsky, PhD**, Professor, Health Net, Inc. Endowed Chair in Geriatrics and Gerontology, UCONN Health; **Anne Kenny, MD, Health & Well-Being Lead LiveWell ADPI-ACL Project**

12:00 PM – 1:30 PM LUNCH, VENDORS AND POSTERS

Attention Activity Professionals! Visit our interactive exhibit tables and engage with fellow recreational therapists, art therapists and music therapists to explore innovative program ideas you can implement in your work setting.

1:30 PM – 2:45 PM Breakout Session B**B1 Successful Physical Therapy Interventions: Benefits for Clinicians and Clients!** ♥♦★

This session will explore evidence-based methods for achieving optimal mobility and function for persons at various stages of dementia. Physical therapists can empower clients, families and caregivers when they set realistic, person-centered goals based on a thorough assessment of the client. Participants will learn ways to tailor exercise programs to more successfully meet the needs of people with dementia. Presentation will include lecture, demonstration and case study discussion.

Presenter: Jean D. Miles PT, DPT, Home Care Physical Therapist, QI Team Member, McLean Health Center; Adjunct Professor, University of Hartford

B2 Managing Stress for Caregivers of Adults with Chronic Conditions ♥

This workshop will introduce tools and strategies to better handle the unique challenges caregivers face. Participants will explore ways to identify, manage, devise and implement a plan to reduce the negative aspects of stress. Presenters will focus on tools to help manage daily stresses and challenges you face as caregivers. Participants learn how to change negative self-talk – which increases stress and erodes confidence – to positive self-talk. The session will end with a guided imagery meditation.

Presenters: Loretta A. Lacci, BSN, RN, PN, Executive Director, Fairfield County Hospice House; **Nicol Rupolo**, CEO/Owner, ComForCare, Stamford

B3 Multi-Sensory Practices to Manage Challenging Behaviors ♥♦

This presentation will capture the necessity of implementing multi-sensory practices when faced with challenging behaviors related to dementia. Hands on experience through the sensory workshop will better equip participants to empathize with people facing dementia by putting themselves in their shoes; by experiencing a representation of what it is like to have dementia. Auditory, visual, taste, smell, and touch are normal daily experiences for most everyone; however how someone with dementia perceives and interprets this input affects their reactions to the environment and the world around them.

Presenters: Christine Marnelakis, MOT, CDP, Memory Care Director, Maplewood at Darien; **Michelle McNamara, BS, CDP**, Lifestyle Coordinator, Maplewood at Stony Hill

- B4 When Less is More: Treatment of Depression, Anxiety and Psychosis in Dementia** ♦★
 Knowledge of geriatric psychopharmacology becomes more and more important as lifespans increase across the world. Treatment of common psychiatric illnesses such as depression, anxiety and psychosis is complicated in the elderly by pharmacokinetic and pharmacodynamic changes; the presence of medical comorbidities; polypharmacy; and increasingly by dementia and other neurocognitive disorders. In this lecture, we provide an update on currently used psychotropic medications in elderly with dementia, with an analysis of latest research, indications, risks and benefits, and prescribing criteria.
Presenters: Sarah Nguyen, MD, Assistant Professor of Psychiatry, UCONN Health; Phelan Maruca-Sullivan, MD, Assistant Professor of Psychiatry, UCONN Health
- B5 Legal Challenges in the Elderly: A Review of Capacity, Elder Abuse and Legal Protections, and Fitness to Drive** ♦★
 This lecture will talk about 1) Decision-Making Capacity; 2) Understanding Conservatorship, Guardianship, and Power of Attorney; 3) Elder Abuse; 4) Fitness to Drive; 5) Testamentary Capacity; 6) Advance Directive.
Presenters: Michael G. Rayel, MD, Assistant Professor, University of Connecticut School of Medicine Department of Psychiatry; Camille Alvarado, DO, MPH, Geriatric Psychiatrist, Connecticut Mental Health Specialist
- B6 Diversity: Our Differences Make Us Unique** ★♥
 This session, designed for Hiring Managers, Department Heads and Administrators, will explore the term diversity and discuss what diversity looks like in the workplace. Participants will critically examine their own attitudes about diverse/underrepresented groups and discuss what role, if any, that plays in the hiring process. In looking at hiring processes, participants will experience what it means to “become uncomfortable with ourselves”.
Presenter: Florence Johnson, RN, MSN, MHA, CDP, Consulting Manager, Certified INTERACT® Educator, Nursing Home State Lead, Qualidigm.
- B7 Engaging the Caregiver: Solutions for Positive Engagement and the Impact of the RAISE Caregivers Act** ★♥
 This session will focus on tools and solutions for positive caregiver communication and engagement. Presenters will discuss how inclusion of the caregiver leads to increased satisfaction, positive operational outcomes and reduced stress. Presenters will review the RAISE family Caregiver Act that was passed into law in January 2018 that requires the development of a strategy to Recognize, Assist, Include, Support and Engage family caregivers.
Presenters: Jean Zipperlen Krautzel, BS, NHA, Director, Memory Support Business Development and Operations, Genesis HealthCare; Lillian Reda, BS, CDP, Director of Memory Support Clinical Practice and Education, Genesis HealthCare
- B8 Strategies for Improving Quality of Life for End Stage Dementia Patients** ♦★
 This session will provide tools for the learner that help to ignite the Divine spark within patients through a sensory stimulation program. Participants will learn how to identify hospice eligible patients, choose a hospice provider and access Hospice services.
Presenter: Theresa M. Bachhuber RN, MPH, Executive Director, Seasons Hospice & Palliative Care of Connecticut

3:00 PM - 4:15 PM Breakout Session C

- C1 Managing Difficult Behaviors in the Person with Dementia** ♥♦★
 Each individual with cognitive and functional decline has unique challenges which may include loss of language skills and resulting communication issues, disinhibition, mood symptoms, apathy, psychosis, aggression or other symptoms. This session will educate attendees on common behavioral problems in persons with various forms and stages of dementia and effective potential interventions; both pharmacological and non-pharmacological. Some issues be addressed with environmental modifications while others require medications; the use and safety of which will be discussed.
Presenter: Genevieve Henry, MD, Medical Director, Senior Behavioral Health Unit, Bristol Hospital
- C2 Getting some ZZZs—the Challenges of Sleep in Dementia** ♥♦★
 Half of individuals with Alzheimer’s disease suffer from sleep disturbances. Examples include disruption of sleep-wake cycle, sundowning, nighttime wandering, and difficulty falling or staying asleep. Sleep disturbances are also common in other neurocognitive disorders, including dementia with Lewy Bodies, Parkinson’s disease dementia, and frontotemporal dementia. Sleep disorders can greatly impact the patient’s quality of life and significantly increase the caregiver’s burden. In this presentation, we will describe these challenges in detail and outline the evidence for non-pharmacological and pharmacological treatment approaches.
Presenters: Camille Alvarado, DO, MPH Geriatric Psychiatrist, Connecticut Mental Health Specialists; Boski Patel, MD, Psychiatry Resident, University of Connecticut School of Medicine; Kristina Zdanys, MD, Assistant Professor, Department of Psychiatry, University of Connecticut School of Medicine
- C3 Navigating the Challenges Associated with Younger Onset Alzheimer’s Disease** ♥♦★♥
 When a person is diagnosed with Alzheimer’s disease, planning ahead for legal matters and planning for asset protection is a challenge. The younger onset population, diagnosed under the age of 65, face limited resources. This session will provide families and care providers’ knowledge of the programs available to this population with unique needs. Topics include legal, asset protection, long-term care planning, and resources available.
Presenter: Colleen E. Masse, JD, Associate, Associate, Czepiga Daly Pope & Perri

- C4 Vascular Risk Factors and Small Vessel Disease as Contributors to Vascular Cognitive Impairment and Alzheimer's disease ★**
 In this workshop we will discuss vascular disease as a risk factor for all-cause dementia considering the mechanisms and evidence. We will describe and discuss the interaction of vascular disease and Alzheimer's dementia. Finally, we will spell out the considerations and implications of this in clinical practice.
Presenter: Arash Salardini, MD, Assistant Professor, Behavioral Neurology; Co-director of Yale Memory Clinic; Associate Clinical Director of Yale ADRC, Yale School of Medicine
- C5 The Legal Landscape of Dementia ♥♦★**
 Individuals with dementia and their families are presented with a confusing system of legal procedures, tools and requirements, as well as a public benefits systems that often requires legal advice and assistance to navigate all of its complexities. This session helps map out the areas of legal involvement from advance directives and powers of attorney, to conservatorships, incapacity, end-of-life issues and caregiver arrangements. In addition, we will discuss how these and other issues intersect with the system for financing long term care, with particular focus on the requirements of the Medicaid program.
Presenters: Stephen B. Keogh, BA, JD, Keogh, Burkhart & Vetter; **Ellen R. Sutcliffe Hain, BA, JD**, Keogh, Burkhart & Vetter
- C6 The Role of Technology in Dementia Care ♥♦★🛡️**
 Technology is an ever-advancing topic; emerging technologies can be used to supplement and augment senior care allowing caregivers, family members, and clinicians to improve their interactions and quality of care that is being provided. This session will discuss common issues that can be addressed with technology including fall prevention, fall detection and response, wander prevention, medication management, home safety, and more. This presentation will include discussion on advances in technology and innovations in dementia care.
Presenter: Mario D'Aquila, MBA, Chief Operating Officer, Assisted Living Services, Inc.
- C7 The Impact and Application of Exercise and Healthy Eating for Adults with Dementia ♥♦★🛡️**
 This session examines how exercise and healthy eating can positively impact adults with dementia. Research demonstrates that these two factors can have a profound effect on brain health and reduce functional limitations. As an exercise physiologist the biggest challenge is how to coach and create a meaningful, safe and effective program for people with dementia. This session will share case examples and provide tools to coach and create successful programs to reach this population. Topics include the benefits that exercise has for adults with dementia, healthy eating and its effect on cognitive well-being and how to design a safe and meaningful exercise program.
Presenter: Aaron Russ MS, CSCS, CFSC, Exercise Physiologist, Hartford HealthCare
- C8 Stand Up Strong...Making Your Morning Meeting Count! ★🛡️**
 Keeping your daily morning meeting from becoming a gripe session is sometimes a challenge. Understanding how your employees process information is critical to setting a positive and productive tone for your morning meeting. In this session, you will learn about the 4 communication styles and tips and techniques for running an effective meeting. This interactive program will also focus on the power of a story and its role in cultivating team, utilizing Atria Story Wise-common Ground edition for exercises.
Presenter: Michelle Yozzo Drake, MS, Community Sales Director, Atria Senior Living

We are pleased to welcome back the Connecticut Association of Adult Day Services Creative Arts Exhibit



4:15 PM

Evaluations and Contact Hours/CECs Awarded

Continuing Education Credits Available for CT Nursing Home Administrators, Nurses, Physicians and Social Workers

Connecticut Nursing Home Administrators

Application has been approved by LeadingAge Connecticut for 4.75 NHA Credit Hours. LeadingAge Connecticut has been granted authority by the State of Connecticut to issue Continuing Education Credits (CECs) for educational programs that support learning objectives for nursing home administrators.

Nurses

This activity has been submitted to the Connecticut Nurses' Association (CNA) for approval to award contact hours. The Connecticut Nurses' Association (CNA) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Physicians

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Connecticut State Medical Society (CSMS) through the joint providership of Hartford HealthCare and Alzheimer's Association Connecticut Chapter. Hartford HealthCare is accredited by the Connecticut State Medical Society (CSMS) to provide continuing medical education for physicians. Hartford HealthCare designates this live activity for a maximum of 4.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Social Workers

Application has been submitted for this program to be approved for Continuing Education Credit hours by the National Association of Social Workers, CT. If approved, this program will meet the continuing education criteria for Social Work Licensure renewal.

DISCLAIMER:

The Alzheimer's Association and its affiliate organizations do not endorse or support off label usage of any medication or product to be used other than as the manufacturer suggests or that is FDA approved as an intended use of a medication or product.

The complimentary/alternative therapeutic modalities in dementia care taught at this educational conference are an adjunct complimentary/alternative modality and is not a substitute for traditional medicinal care. All participants are encouraged to continue to seek medical advice from their primary care physicians as a primary source of treatment.

Connecticut Chapter
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 Southington, CT 06489-1042
 1-800-272-3900

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SAVE THE DATE - 2019 THE LONGEST DAY - Friday, June 21, 2019

SAVE THE DATE - 2019 WALK TO END ALZHEIMER'S

FALL WALKS	LOCATION
Sunday, September 8th	Litchfield
Saturday, September 14th	New London
Sunday, September 22nd	Enfield
Sunday, September 22nd	Danbury
Sunday, September 29th	New Haven
Sunday, October 13th	Norwalk
Sunday, October 13th	East Hartford

For more information visit www.alz.org/ct

DIRECTIONS

<p>From Providence, RI (T.F. Green International Airport) Take I-95 South to Exit 84N (Route 32 North). Take Route 32 North to I-395 North. Take Exit 9, (Route 2A) East. Less than 1 mile to Mohegan Sun Boulevard.</p>	<p>From Hartford, CT (Bradley International Airport) I-91 South to I-84 East to Route 2 East to I-395 South. Take Exit 9 (Route 2A) East. Less than 1 mile to Mohegan Sun Boulevard.</p>	<p>From New York, NY (JFK or Laganrdia International Airports) Take I-95 North to Exit 76/ I-395 North. Take Exit 9 (Route 2A) East. Less than 1 mile to Mohegan Sun Boulevard.</p>	<p>From Boston, MA (Logan International Airport) Take I-90 (Mass Pike) West to I-395 South. Take Exit 9 (Route 2A) East. Less than 1 mile to Mohegan Sun Boulevard.</p>
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ALZHEIMER'S ASSOCIATION CONNECTICUT CHAPTER

2019 DEMENTIA EDUCATION CONFERENCE: April 4, 2019

registration form

Name
Job Title
Organization
Address
City State Zip
Daytime Phone Fax
E-mail

How did you hear about the conference? (Check which apply)

- Association Staff
Advertisement/Newspaper
Chapter Newsletter
Email Announcement
Flyer
Co-worker/Friend
Other (Please Specify)

Please make 2 selections per session (List by program number)

10:45 am - 12:00 pm 1st choice 2nd choice
1:30 pm - 2:45 pm 1st choice 2nd choice
3:00 pm - 4:15 pm 1st choice 2nd choice

Cost includes continental breakfast, mid-morning and afternoon refresher plus lunch, three breakout sessions, morning Keynote Speaker. Limited scholarships are available for family caregivers. For more information call 860-828-2828

Table with 5 columns: Item, Professional, Non-Professional/Student, No. of Attendees, Line Total. Rows include Registration Fee after March 18th and Early Bird Rate.

TOTAL ENCLOSED =

For continuing education credits, please check the applicable box:

- Contact Hours RN/LPN
CEUs Social Worker
CMEs Physician
CEU CT Nursing Home Administrators

NO CEC'S WILL BE AWARDED AFTER APRIL 4, 2019

PAYMENT MUST ACCOMPANY REGISTRATION.

- Check enclosed (payable to Alzheimer's Association CT Chapter)
Visa/Mastercard/American Express

Credit Card # Exp. Date
Name on Credit Card Signature
Purchase order #

REGISTRATION WILL NOT BE PROCESSED UNLESS ACCOMPANIED BY PAYMENT OR PURCHASE ORDER
REGISTRATION WILL CLOSE END OF BUSINESS, MONDAY, APRIL 1, 2019

REGISTRATION INSTRUCTIONS

Registrations must be postmarked by March 29, 2019.

Additional forms available at www.alz.org/ct

Early Bird registration deadline is March 18, 2019.

Cancellations must be received by April 2, 2019 for a refund.

Photo Consent Agreement:

I understand that my photo may be taken at this conference and that said material may be used in future conference materials. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotion of this event.

Mail or fax this registration to :

Alzheimer's Association, Connecticut Chapter, 200 Executive Blvd., Suite 4B, Southington, CT 06489

Fax: (860) 571-8613 Questions: Phone: (860) 828-2828