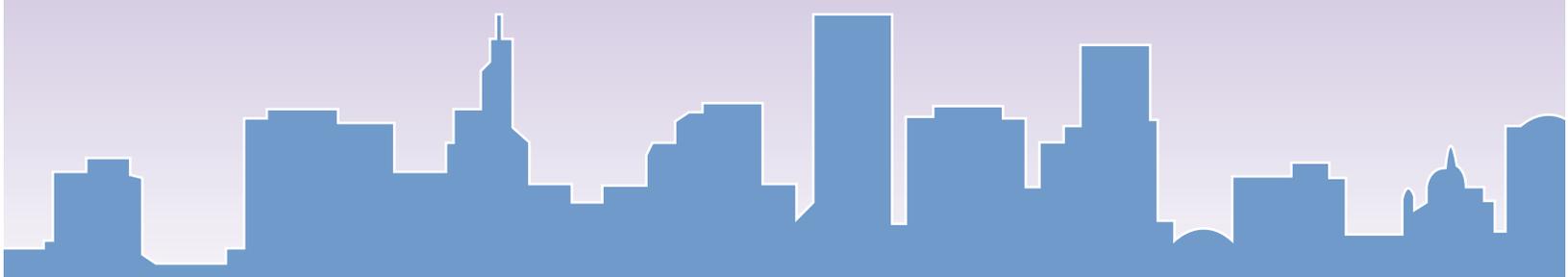


alzheimer's 
association®

MEETING
OF THE
MINDS
DEMENTIA CONFERENCE 2016

Saturday, March 19, 2016 | RiverCentre | St. Paul, Minnesota



2016 Meeting of the Minds Brochure

Presented by

The Alzheimer's Association & Mayo Clinic

MEETING
OF THE
MINDS
DEMENTIA CONFERENCE 2016

When

Saturday, March 19, 2016

Where

St. Paul RiverCentre
175 West Kellogg Blvd.
St. Paul, MN 55102

Contact us

alz.org/mnnd

952.857.0548

mnnd-conference@alz.org

24/7 Helpline: 800.272.3900



[facebook.com/alzmndd](https://www.facebook.com/alzmndd)



@alzmndd

#ALZminds

We invite you to:

PARTICIPATE in a day of education, information and support provided by recognized experts.

LEARN about strategies for caregiving, legal and financial planning and cutting-edge research.

VISIT exhibits and displays.

Who should attend?

Persons with Mild Cognitive Impairment (MCI) or Early Dementia, Professionals, Care Partners, Family, Friends & Students. People with MCI or early dementia attending the conference are asked to attend with a support partner, although, they may each attend separate sessions as they feel comfortable.

Continuing Education

A Certificate of Attendance will be provided for attendees registered as a professional at the end of breakout session four. Visit alz.org/mnnd for updated continuing education information. Certificates of attendance will not be provided early.

Conference Handouts – THINK GREEN!

A link for conference session handouts will be sent via email no later than Monday, March 14 for participants to print out and bring to the conference. Copies of handouts are not available the day of the conference.



Conference Schedule

- 7:30-8:30 Check-In / Exhibits Open
Continental Breakfast
- 8:30-9:30 Welcome and Morning Keynote
- 9:30-9:50 Break / Exhibits Open
- 9:50-10:50 Breakout Session One
- 10:50-11:10 Break / Exhibits Open
- 11:10-12:10 Breakout Session Two
- 12:10-1:10 Lunch / Exhibits Open
- 1:10-1:55 Afternoon Keynote
- 1:55-2:15 Break / Exhibits Open
- 2:15-3:15 Breakout Session Three
- 3:15-3:30 Break / Exhibits Open
- 3:30-4:30 Breakout Session Four*

**Certificates of Attendance will be distributed after Breakout Session Four is completed as you are leaving the RiverCentre.*

Meetup Lunch and Social Networking

Join us if you are an individual with early dementia, MCI, or their care partner for lunch and social networking. This is an opportunity to meet other individuals on this journey and to learn about other resources in your community. Space is limited.

To register, contact Kristin at 952.857.0548 or kkittleson@alz.org.



Exhibit Hall

Be sure to visit the exhibits located throughout the main concourse of the RiverCentre. Exhibits will feature vendors and consultants that provide dementia-related services.



Keynote Speakers



Mary Mittelman, D.P.H.

Dr. Mary Mittelman is Research Professor of Psychiatry and Rehabilitative Medicine at NYU School of Medicine. She is an epidemiologist who has been developing and evaluating psychosocial interventions for people with cognitive impairment and their family members for nearly three decades. For more than 20 years, Dr. Mittelman was Principal Investigator of the National Institute of Health funded study of the NYU Caregiver Intervention (NYUCI), which has been widely published and recognized. With her colleagues, she developed online training for social service professionals as well as a telehealth version of the NYUCI. In 2004, Dr. Mittelman was the recipient of the Alzheimer's Association Zenith Fellows Award for her research on the effectiveness of counseling for couples impacted by dementia. In the past decade, Dr. Mittelman has been evaluating and developing interventions that include the people with dementia with their caregiver, and founded The Unforgettables, a chorus for people with dementia with their family members.



Donald Warne, M.D., MPH

Dr. Donald Warne is the Director of the Master of Public Health Program at North Dakota State University, and serves as the Senior Policy Advisor to the Great Plains Tribal Chairmen's Health Board. He received his MD from Stanford University in 1995 and his Master of Public Health from Harvard University as a Commonwealth Fund/Harvard University Fellow in Minority Health Policy in 2002. He is a Certified Diabetes Educator (CDE), and a Diplomate of both the American Board of Family Practice and the American Board of Medical Acupuncture. Dr. Warne's work experience includes several years as a primary care and integrative medicine physician with the Gila River Health Care Corporation, and three years as a Staff Clinician with the National Institutes of Health in Phoenix where he conducted diabetes research and developed diabetes education and prevention programs in partnership with tribes.

"The quality of the speakers and the presentations were excellent. It was an educational and informative day. The sessions were just the right length and there was plenty of break time and time for the exhibits"

-2015 Attendee





Mayo Clinic Rochester Department of Neurology offers comprehensive educational seminars for any patients and their families impacted by a diagnosis of Dementia with Lewy Bodies (DLB), Frontotemporal Dementia (FTD), Corticobasal Degeneration (CBD), Progressive Supranuclear Palsy (PSP), or Posterior Cortical Atrophy (PCA).

2016 Family Seminar Days

- ▶ *Frontotemporal Dementia (FTD) - Monday, February 1*
- ▶ *Dementia with Lewy Bodies (DLB) - Monday, June 6*
- ▶ *Corticobasal Degeneration (CBD) and Progressive Supranuclear Palsy (PSP) - Monday, August 15*
- ▶ *Posterior Cortical Atrophy (PCA) - Monday, November 7*

For more information on attending future seminar days, \$50/per person, please contact the Mayo Clinic Alzheimer's Disease Research Center at 507.284.1324.

Conference Sponsors

Hope Sponsors



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The Goodman Group

Moments matter. Live them well.



Loyalty Sponsors

Catholic Eldercare

HealthPartners

Long Reher Hanson & Price, P.A.

Schmitz, Schmidt & Anderson

St. Benedict's Senior Community

University of Minnesota School of Nursing

Sponsor and exhibitor opportunities are still available. For more information, contact Rebecca at 952.857.0536 or rjustin@alz.org.



Breakout Session Key

G

GENERAL

These sessions are more general in nature and appropriate for all levels of professionals as well as those living with early dementia, family, friends and care partners. They may contain some simple medical terminology.

AP

ADVANCED PROFESSIONAL

These sessions are for health care professionals with advanced clinical and practical knowledge. Advanced content and medical terminology will be presented.

Please note that you will be required to choose one session for each of the four breakouts to complete the registration process.

101

Legal and Financial Basics after a Diagnosis

G

Mark Anderson

Attorney at Law, Schmitz, Schmidt and Anderson P.A.

Legal and financial planning is essential as we age but even more significant following a dementia diagnosis. Learn about the essential planning and related documents you need to have to be prepared for your journey.

102

After the Diagnosis: Enhancing Your Emotional Wellness

G

Heidi Haley-Franklin, MSW, LICSW

VP, Clinical Services, Alzheimer's Association Minnesota-North Dakota

This presentation will explore common emotional reactions after receiving a diagnosis of Alzheimer's disease and offer valuable coping strategies and resources to those caring for individuals with dementia.

103

Dementia Friendly Goes National

G

[Speaker TBD]

Ron Petersen, M.D., Ph.D.

Director, Mayo Clinic Alzheimer's Disease Research Center, Chair, National Alzheimer's Project Act, Alzheimer's Association Medical and Scientific Advisory Council Member

This session will give an update on Dementia Friendly America (DFA) and the National Alzheimer's Project Act (NAPA).

104

The Basics

G

Kendra Binger, B.A.

Regional Care Consultant, Alzheimer's Association Minnesota-North Dakota

Through The Basics workshop, discover the symptoms of Alzheimer's disease and other types of dementia; how Alzheimer's affects the brain; risk factors; diagnosis; stages of the disease; treatment; and hope for the future.



105 Transitions: How to Manage Constant Change



Trish Caruana, MSW

Executive Vice President, Education & Support, CurePSP

We all look for stability in our lives when, in fact, everything is constantly in the process of change. For those who are affected by a neurodegenerative disease like dementia, many changes can happen throughout a given day or even minute by minute. This presentation includes a practical road map to follow as we're confronted with change, choice and acceptance of some of the most difficult challenges we face.

106 Alzheimer's Disease, Dementia and Faith – A Journey



Debbie Richman, BS, ACC

VP, Education and Outreach, Alzheimer's Association Minnesota-North Dakota

Sandi Lubrant

Advocate

Learn from a care partner how faith can be an important component of the dementia journey and from the professional perspective how a faith community can be more dementia friendly.

107 The Importance of Dementia Screening in Primary Care



Michael J. Sharland, Ph.D., LP, ABPP

Clinical Neuropsychology, Essentia Health – Department of Neurology

This session will explore the importance of cognitive screening in a primary care setting and why medical systems need to embrace this important tool in early diagnosis of dementia.

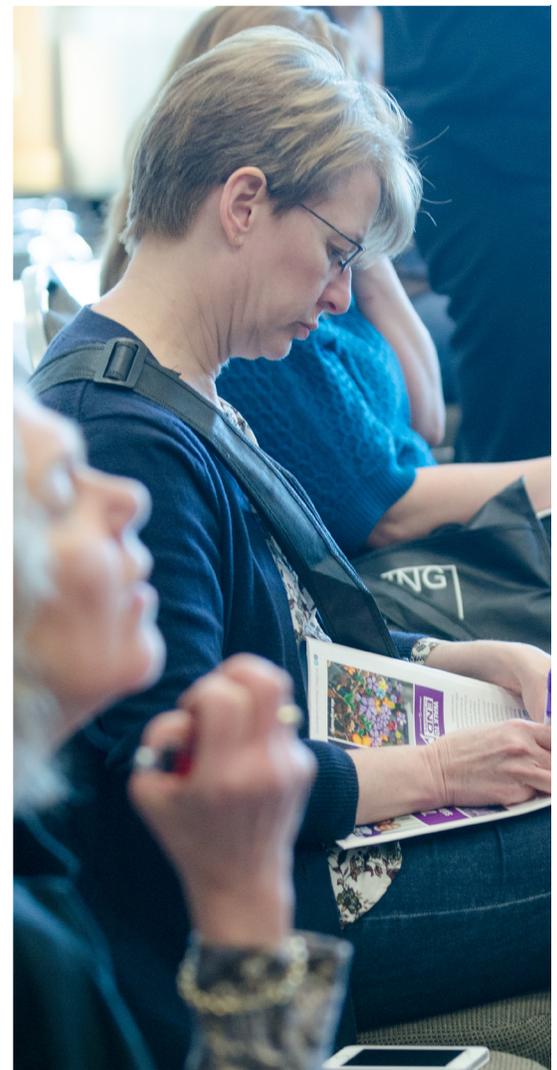
108 Frontotemporal Dementia (FTD) for Professionals



Erin C. Golden, M.D.

Mayo Clinic

This session will review the basic neuroanatomy and pathologies associated with FTD as well as the clinical syndromes within the spectrum of FTD and their associated imaging. Strategies for managing behavioral symptoms of FTD will also be discussed.



"I was recently diagnosed with Alzheimer's and found the information and new connection with others like me critically important."

-2015 Attendee



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201

ACT on Alzheimer's in the Hispanic/Latino Community

G

Yolima M. Chambers

Assistant Administrator, Centro Tyrone Guzman

Learn about what the Hispanic/Latino ACT on Alzheimer's is doing in their community to increase awareness, early detection and access to dementia related resources.

202

Veterans Benefits – What You Need To Know

G

Mary Frances Price, Esq.

Long, Reher, Hanson and Price, P.A.

Being a veteran provided added support and services following a dementia diagnosis. Learn what you need to know from an expert to successfully navigate the system to access these benefits.

203

Effective Communication Strategies

G

Jess Steinbrenner, MSW, LGSW

Program Manager, Alzheimer's Association Minnesota-North Dakota

Effective Communication Strategies is a program provided by the Alzheimer's Association that explores how communication takes place when someone has Alzheimer's disease. Learn communication techniques and interventions to help maintain positive interactions with persons with dementia.

204

The Dr. Is In

G

Ronald C. Petersen, M.D., Ph.D.

Director, Mayo Clinic Alzheimer's Disease Research Center, Chair, National Alzheimer's Project Act, Alzheimer's Association Medical and Scientific Advisory Council Member

Come with questions about all things related to Alzheimer's disease and other dementias. Dr. Petersen will offer answers and insight on any aspect of cognitive aging and Alzheimer's disease.



205 Alzheimer's Disease in Persons with Intellectual and Developmental Disabilities



Colleen Timbers

Program Training and Resources Director, Merrick, Inc.

Adults with intellectual and developmental disabilities are aging more successfully and experiencing many age related issues. This includes an increased risk for Alzheimer's disease and other dementias. This session will explore Alzheimer's disease in this population and specific strategies to best manage.

206 Improvisations and Dementia – The Research



Evan Bass

Actor, Writer and CEO, eBass Entertainment

Miranda Noelle Wilson

Actress and Playwright

Scripted IMPROV is among the first and largest Phase 2 Clinical Trials of a major non-drug intervention for Alzheimer's and dementia. This session will explore the research and outcomes to date of this non-pharmacological approach and the positive impact on quality of life.

207 Transgender, Aging and Dementia



Panelists: Barbara Satin, Nathan R. Cannon

Facilitator: Marsha Berry, MA, CAEd

Education Consultant, Alzheimer's Association Minnesota-North Dakota

Hear from individuals who are transgender about their lives, their experiences with health care and as aging adults. Members of the panel will talk about their how they navigate the health care and aging services experience. New research focusing on dementia and older adults who are transgender will be shared.

208 Understanding Dementia with Lewy Bodies (DLB)



Jonathan Graff-Radford, M.D.

Mayo Clinic

Understanding DLB is challenging as both the diagnosis and treatment is complex. This session will provide a detailed clinical overview of the disease and how to best diagnose and treat.



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301 Understanding Dementia Related Behavior

G

Ashley Manger, MA

Regional Care Consultant, Alzheimer's Association Minnesota-North Dakota

As dementia progresses, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. This session will offer a process to identify possible triggers for behavior and how to best respond.

302 Ready to Serve: Meeting the Needs of LGBT Older Adults

G

Rajeane Moone, Ph.D., LNHA

Executive Director, Minnesota Leadership Council on Aging

Whether you know it or not, lesbian, gay, bisexual and transgender (LGBT) older adults are your clients. Learn the unique issues facing these populations and how these issues affect their willingness to see out services.

303 Living with Early Dementia – What They Want You To Know

G

Panelists: Jane Chang, Chris Knutson and Marv Lofquist

Facilitator: Debbie Richman, BS, ACC

VP, Education and Outreach, Alzheimer's Association Minnesota-North Dakota

This session will explore the challenges of living with a dementia diagnosis from the perspective of those experiencing it. They will share with you things that are important for you to know, from their perspective, and how to interact in the most positive ways.

304 Frontotemporal Dementia (FTD) for Caregivers

G

Erin C. Golden, M.D.

Mayo Clinic

A diagnosis of frontotemporal dementia (FTD) brings with it many challenges. This session will explore some of the unique characteristics of this diagnosis and provide both family and professional caregivers practical strategies for managing those characteristics.



305 What's an Aging Brain to Do?



Angela Lunde, M.A., CWC

Outreach and Education Specialist, Mayo Clinic Alzheimer's Disease Research Center, Director, Cognitive Health and Wellness, Charter House, Mayo Clinic

There is a relationship between the lifestyle behaviors we engage in and how well our brains function day to day. This session will share new evidence around diet and exercise and uncover some surprising strategies that can play a role in improving normal age-related memory changes and compensating for more significant memory loss.

306 ACT on Alzheimer's in the African American Community



Vanne Owens Hayes, BS, JD

Cultural Consultant and Health Educator

Learn about the work being done with African-American churches, non-profit and community based organizations, healthcare providers and government agencies to develop awareness about Alzheimer's disease and its impact on African-American churches.

307 Understanding Research



Joseph E. Gaugler, Ph.D.

School of Nursing, Center on Aging, University of Minnesota

Learn about what is trending in Alzheimer's disease and other dementia research. A review of some of the more recent published research as well as pending studies will be discussed as well as current clinical trials.

308 The Question of Capacity when Dementia is Present



Laura Zdychnec, Attorney at Law

Long Reher Hanson, P.A.

The question of capacity is a difficult one when there is a dementia diagnosis. This session will discuss the issues around capacity and how to best handle legal and financial situations where capacity is in question.

309 De-Mystifying Supranuclear Palsy (PSP) & Corticobasal Degeneration (CBD)



Trish Caruana, MSW

Executive Vice President, Education & Support, CurePSP

PSP and CBD are two types of dementia that are becoming less mysterious every day. However, professionals still have much to learn about what makes PSP and CBD unique, how to better diagnose and how to support those living with this diagnosis.



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“As a health care professional, it was great new info. As someone with an aging parent with early signs of dementia, I came away with so much knowledge and feeling there is so much support out there.”

-2015 Attendee

401

Improvisation and Dementia – The Experience

G

Evan Bass

Actor, Writer and CEO, eBass Entertainment

Miranda Noelle Wilson

Actress and Playwright

See the intervention of semi-scripted improvisation in action by attending this session. The research referenced in Session 206 will be performed during this experiential session and attendees will have an opportunity to see this impactful intervention for Alzheimer’s and dementia in action.

402

Dementia with Lewy Bodies for Caregivers

G

Jonathan Graff-Radford, M.D.

Assistant Professor, Neurology at the Mayo Clinic

Dementia with Lewy Bodies can be difficult to diagnose and difficult to understand. This session will provide caregivers with some basic disease knowledge and practical tips to better manage this dementia day to day.

403

Dementia by the Numbers

G

Joseph E. Gaugler, Ph.D.

School of Nursing, Center on Aging, University of Minnesota

Do you like data? Data around the prevalence of Alzheimer’s disease and other dementias is staggering at best. Learn about trending in disease diagnosis, caregiving and other areas of interest in this numbers conversation.

404

Person Centered Care and Dementia

G

Jayne Clarimont, Owner, Consultant

English Rose Suites, bhome Home Care

What do you really know about the individuals you are taking care of? This session will explore the importance of being truly person centered in all aspects of care and how that focus can lessen negative responses in the process.



405 Cultural Challenges and Dementia

G

Donald Warne, M.D., MPH

Director of the Master of Public Health Program, North Dakota State University, and Senior Policy Advisor, Great Plains Tribal Chairmen's Health Board

This session will speak to the challenges of cultural differences with dementia using the Native American population as an example. Different cultures have unique attributes around caring for their elders that need to be understood and respected, especially with a dementia diagnosis.

406 DLB: Navigating the Unknown

G

Angela Taylor

Director of Programs, Lewy Body Dementia Association

Join a family journey into the maze of Dementia with Lewy Bodies. The presenter will share her personal experiences with DLB and how that diagnosis changed both her personal and professional life.

407 Pain Management with Dementia

AP

Bruce Sutor, M.D.

Mayo Clinic

Managing pain when someone has a diagnosis of dementia is tricky business. Learning to understand non-verbal signs of pain as well as some of the more common causes of pain will be discussed during this session.

408 Managing Sexual Behavior in Long Term Care Settings

AP

Catherine R. Johnson, Psy.D., LP

Associated Clinic of Psychology

Sexual behavior in care settings is often a difficult situation for staff and family. This session will offer some troubleshooting skills and practical suggestions on how to effectively manage situations where sexual behavior is present.

409 Effective Strategies When Supporting Persons with Alzheimer's disease and Intellectual and Developmental Disabilities

AP

Colleen Timbers - *Program Training and Resources Director*

Paula Lindblom - *Support Services Coordinator – Adult Day Services*

It is important to create a culture of person-centered-ness when promoting effective strategies for persons with intellectual and developmental disabilities and Alzheimer's. This presentation will focus on a number of effective strategies to manage the symptoms during the stages of Alzheimer's and use this knowledge when considering the support needs of the person.



Registration Information

Register **ONLINE** or by **PHONE** *(no paper registration)*

This conference has historically sold-out, so register early to confirm a spot and get early-bird rates!

NOTE: There are no exceptions to the Early Bird dates.

ONLINE alz.org/mnnd
BY PHONE 952.857.0548

Registration opens at 9:00 a.m. CST and ends at 5:00 p.m. CST on the respective days.

When
Saturday, March 19, 2016

Where
St. Paul RiverCentre
175 West Kellogg Blvd.
St. Paul, MN 55102

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24/7 Helpline: 800.272.3900

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#ALZminds

	EARLY-BIRD (1/4-2/5)	STANDARD (2/5-3/14)
PEOPLE WITH EARLY DEMENTIA OR MCI, CARE PARTNERS, FAMILIES, FRIENDS OR STUDENTS	\$80 online	\$100 online
PROFESSIONALS	\$160 online	\$180 online

Group Discount for Professionals (NEW FOR 2016)

When 7 or more professionals register from the same organization; a discount of \$20 is applied to each registration. To take advantage of this discount, professionals must register and pay together. Registration for multiple people is available online or via phone.

Discount for ISTAART Members

If you are a member of ISTAART, you can receive a \$25 discount off your professional registration if you register by the end of Early Bird registration (February 5 at 5 p.m.). Please call 952.857.0548 and leave a message to receive a return call with your discount code. To receive the ISTAART discount code, we will need your name, ISTAART number and phone number. You must have the code before you begin the online registration. Join ISTAART today [@alz.org/istaart](http://alz.org/istaart).

Discount for Support Group Facilitators

If you facilitate an Alzheimer's Association Support Group, you can receive a discount of \$25 if you register by the end of Early Bird registration (February 5 at 5 p.m.). Support Group facilitators will be emailed a code to use prior to the opening of general conference registration on January 4, 2016. You will need this code before you begin the online registration process.



Conference Family Scholarships Available

A limited number of family scholarships are available through the Ashley Brooks-Danso Family Education Fund. These scholarships are need-based, and will reduce your registration fee by \$50/person. There is a two scholarship maximum per family.

Help Families Attend the Conference

You can make a donation to help families attend the conference. Please consider donating to conference scholarships either during the registration process or by calling 952.857.0548. Any amount is appreciated and will help more families attend this valuable event.

The Alzheimer's Association Minnesota-North Dakota is a 501(c)(3) organization. Your donation is tax deductible to the fullest extent allowed by law.

Weather/Cancellation

The conference will take place regardless of weather conditions. Refunds will not be provided for any cancellations.

Hotels

Saint Paul Hotel

350 Market Street, St. Paul, MN 55102

PHONE RESERVATION: 1.800.292.9292 (*Ask for the Alzheimer's Association Meeting of the Minds Conference to get the offered rate*)

ONLINE RESERVATION: www.saintpaulhotel.com

(Use the group/block code: 160318AAM)

DoubleTree by Hilton St. Paul Downtown

411 Minnesota Street, St. Paul, MN 55101

PHONE RESERVATION: 1.877.782.9444 (*Ask for the Alzheimer's Association Meeting of the Minds Conference to get the offered rate*)

ONLINE RESERVATION: <http://bit.ly/doubletreeMOTM>

A limited number of rooms are available for \$129/night. Reservations must be made by 2/26/16.

ASHLEY BROOKS-DANSO FAMILY EDUCATION FUND



The Ashley Brooks-Danso Family Education Fund was established in 2011 in memory of Ashley Brooks-Danso, a former employee of the Alzheimer's Association. This fund was created as a tribute to her contributions to the field of aging services and her work in planning the Association's dementia conference.

**2016 DONORS
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EDUCATION FUND**



alzheimer's association®

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REGISTER EARLY AND ONLINE

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