

Fond du Lac Care Giving Conference Registration Form

Registration deadline: Thursday, Sept. 12, 2019

Name: _____

Address: _____

City/State/ Zip: _____

Phone: _____

Email: _____

Morning Workshop: 1. 2. 3. 4.

Conference Fees:

\$5 Family Caregiver

\$15 Professional Caregiver

Certificates of Attendance will be provided for professionals attending the full day.

Mail completed registration form and check made payable to:

Alzheimer's Association
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

General Conference Questions?
Contact Alyssa Sommerfeldt: 800.272.3900
Registration Questions?
Contact Kelly Conway: 800.272.3900

Funding & care options available for family caregivers.
Call for details: 920.906.4792

Thursday, September 19, 2019 - Radisson, 625 W. Rolling Meadows Drive, Fond du Lac Schedule of Events

8:30 Registration (light continental breakfast). Visit Exhibitors.

9:00 Welcome

9:15 Keynote: Life Balance: Stumble or Stand

Paula Gibson, Regional Director of Communications & Engagement, Azura Memory Care. Life is not an even road, so what do you do when you stumble? Find fun and inspirational ways to help your mind, body and spirit remain standing and balanced despite the bumps that life and caregiving throws at you!

10:15 Break. Visit Exhibitors.

10:30-noon Morning Workshop (choose one from #1- 4)

- 1. Sleep & Alzheimer's Disease: What is the Link?** *Dr. Barbara Bendlin, Associate Professor of Medicine, University of Wisconsin-Madison, School of Medicine and Public Health.* This presentation will provide an update on discoveries that link sleep and Alzheimer's disease, as well as tips for getting a better night's rest.
- 2. How Much Does Alcohol Contribute to Dementia?** *Dr. Cheryl R. Tapp, MD, Staff Psychiatrist, SSM Health.* Discuss alcohol's effect on the brain, along with being diagnosed with alcohol related dementia, and how alcohol is a factor in Mixed Dementia.
- 3. Effective Communication Strategies.** *Ginny Nyhuis, Regional Services Manager, Alzheimer's Association.* Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.
- 4. Grief and Depression in Caregivers of Individuals with Alzheimer's Disease.** *Dr. John Goveas, MD, Associate Professor, Department of Psychiatry and Behavioral Medicine, Medical College of Wisconsin.* Learn how grief and depression effects the brain as a caregiver and what you can do to reduce these stressors.

12:00 Lunch (included with registration). Visit Exhibitors.

1:15-3:00 Creative Engagement - NEW THIS YEAR! (able to attend all mini-sessions)

- Memories in the Making®.** *Tami Jo DeLise, Art Therapist, Unmasked Expressive Therapies.* MIM offers creative art expression through watercolor paintings for individuals with mild cognitive impairment (MCI) and early to the middle stages of Alzheimer's disease and related dementias.
- Music & Memories.** *Theresa Menting, Volunteer Coordinator and Music & Memory Specialist for Fond du Lac County, Fond du Lac County Department of Social Services.* Learn how this program is known for improving the care of residents with dementia through personalized music.
- Fond du Lac County Senior Services.** *Lori Anderson, Caregiver Specialist, Department of Senior Services - Fond du Lac County.* Find out what resources, information, and opportunities are available in Fond du Lac County for older persons to help achieve their potential of physical, mental, emotional, social and financial well-being with dignity.
- Support Groups.** *Julie Schwarz, RN, Supervisor - Adult Day Services, Agnesian Healthcare, a member of SSM Health.* Learn how support groups are helpful for caregivers, individuals living with Alzheimer's and others dealing with the disease.
- Memory Cafes.** *MaryAnn Lapine, Social Worker, Generations Home Care and Hospice.* Memory Cafes are a place where persons with MCI (Mild Cognitive Impairment), early-stage Alzheimer's or a related dementia can go with their care partners to socialize and have fun with others going through the disease as well.
- Tai Chi Concepts.** *Larry Lewis, Certified StrongBodies™ Trainer.* Learn how to use a series of natural movements thru relaxation and breathing to generate health, longevity and internal strength & power.
- The Feldenkrais Method®.** *Mary McCutcheon, Certified Feldenkrais Practitioner.* Learn how to use gentle movement and directed attention to help others live the life they want more effectively. Increase your sensitivity which can assist you to live your life more fully, efficiently, and comfortably.
- Dear... 'To Those We Love' Letter Writing.** *Mary Voell, Family & Organizational Historian, Legacies, LLC.*

3:00-3:15 Closing - Medley of Care — A Musical Tribute to the Caregivers Around Us.

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alzheimer's association®

620 S. 76th Street, #160
Milwaukee, WI 53214

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Fond du Lac County Care Giving Conference

The More You Know

A day of education and support for those who care



Thursday September 19, 2019

8:30 a.m. - 3:30 p.m.

The Radisson Conference Center

625 W. Rolling Meadows Drive
Fond du Lac

alzheimer's association®



Dementia Care Network
of Fond du Lac County