

alzheimer's  association®

the compassion to care, the leadership to conquer

Alzheimer's Association
Northeastern New York



College Park Hall
(formerly the Ramada Inn)
450 Nott Street
Schenectady, New York

Program Schedule

8:00 - 9:00

Registration and Exhibits

9:00-9:30

Welcome

News Channel 13 Anchor, Benita Zahn

9:30 - 10:30

Keynote

Karen Stobbe and Mondy Carter

10:30 - 10:45

Break/Exhibits

10:45 - 12:00

Breakout Session I

12:00 - 1:00

Lunch

(12:00 - 4:00)

***Virtual Dementia Tour™**

Pre-registration required

1:15 - 2:30

Breakout Session II

2:30 - 2:45

Break/Exhibits

2:45 - 4:00

Breakout Session III

Available throughout the day

Caregivers' Corner & Brain Fitness Gym

***The Virtual Dementia Tour™**

Developed by Second Wind Dreams™ and P.K. Beville, the Tour has been used to sensitize caregivers to the issues of dementia, as well as some of the physical problems associated with aging. Each participant will experience what it is like to live with dementia by altering his/her physical and sensory abilities.

The Tour takes about 20 minutes per participant. Space is limited. Participants must pre-register.

**24 Hour Helpline
(800) 272-3900**

*Special thanks to all our Sponsors and Exhibitors.
Their support has made this Conference possible.*

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Atria Senior Living
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Baptist Health Nursing & Rehabilitation Center
Barnwell Nursing & Rehab Center
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CDPHP
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The Community Hospice
Cutie Pharma-Care, Inc.
DayHaven Adult Day Program
Daughters of Sarah Senior Community
Eddy Alzheimer's Services
Eddy DayBreak
Eddy Memorial Geriatric Center
Eddy SeniorCare/PACE
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Evergreen Commons
Fidelis Care New York
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GE Global Research
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Glen Eddy
Good Samaritan Lutheran Healthcare Center
Home Health Care Partners
Home Instead Senior Care
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The Sage Colleges
Schenectady County Long Term Care Services
Seton Health Home Care
Upstate Clinical Research
Wesley Health Care Center Inc.

** list as of this printing*



Keynote

“Sometimes Ya Gotta Laugh”

Karen Stobbe
and Mondy Carter

This is not your ordinary performance. *Sometimes Ya Gotta Laugh* is about finding your laughter, accepting your tears and being human. Performed by the husband and wife team of Karen Stobbe and Mondy Carter. They will educate and entertain in the same breath.

The show was born after Karen's dad, Manfred, was diagnosed with Alzheimer's disease. Manfred died in October of 2000 and Karen's mom, Virginia, was diagnosed a year later with Alzheimer's disease and Vascular dementia. Karen's life has taken on a new focus and new meaning in combining the knowledge of her two worlds into one life work.

Karen and her husband Mondy Carter wrote and now perform this two-person performance which takes you on a fast paced journey through the world of caregiving; the laughter and the tears. Karen has also written a book by the same name which is in its third printing.

For 8 years Karen was the Healing Arts Director of Milwaukee Public Theatre, a non-profit outreach arts company, where she oversaw art programs related to the healing process in all its forms. Karen has developed a 6-week training program called "In the Moment" (www.in-themoment.com), which uses creativity, improvisation and theatre as training tools. Karen has performed over 700 trainings in storytelling, improvisation, caring for persons with Alzheimer's and the importance of laughter. Her trainings have included: The Pioneer Network, University of California-San Diego, Life Services Network, The Ministry of Health in Canada, Alzheimer's Foundation of America, RUSH Hospital, and a 4-hour post conference intensive at the National Alzheimer's Conference. Karen has also developed a "Train the Facilitator" DVD that focuses on how to train staff effectively and creatively.

I cannot say enough good words about "Sometimes Ya Gotta Laugh" as a highly effective way to reach a diverse audience around the very real experience of folks living with dementia. Yes, we laughed. We also cried, and then we laughed some more, and cried some more... I was exhausted, exhilarated, and amazed when I left their presentation. Their program is not merely entertainment. "Sometimes Ya Gotta Laugh" is a highly effective, poignant lesson all of us need.

Audrey Klopp, Ph.D., RN, NHA, Administrator, Plymouth Place Senior Living, Chicago, IL

This show is poignant, relevant, uplifting, and eye opening. The actors are deft at their craft but more importantly have a deep understanding of the roles they are portraying. "Sometimes Ya Gotta Laugh" is a powerful tool to help anyone celebrate the joys and parodies of life while gaining clarity about the need to delve into their own biases and approaches to serving elders.

Megan Hannan, Action Pact, Inc.

*Karen Stobbe's book
(as well as other books on Alzheimer's disease)
will be available for purchase at the Conference.*

Book Signing 2:30 to 3:00 pm
(at the Book Sale table)



Workshops

10:45 am - 12:00 pm

A. Communication: Purpose, Perspective and Presence

Karen Stobbe, Improvisational actress, writer, caregiver and Project Director of "In the Moment", a training program for caregivers

Communication is the foundation to relationships. Join us for an interactive session on making our communication more meaningful to those in our lives who have dementia.

B. The Basics of Research and Current Trends in Alzheimer's Disease

Earl A. Zimmerman, M.D. Director, Alzheimer's Center of Albany Medical Center

Elizabeth Smith-Boivin, MSHSA, Director, Anne B. and Leon J. Goldberg Alzheimer's Resource Program, Alzheimer's Center of Albany Medical Center

An insightful look at the nature of this disease, and developing methods to treat and eventually prevent it, such as disease targeted diagnostic and treatment strategies which promise disease modifying therapy to stop the disease earlier in years to come.

C. Dementia Evaluation Guide

Lucille C. Phelps, RN, BSN, Dementia Care Manager, VA Healthcare Network Upstate New York

This workshop is designed for the layperson to understand the steps that should be considered in a dementia evaluation that will lead to differential diagnosis and the best possible treatments and care management based on that diagnosis. Presenter will discuss some of the more common diseases that cause the syndrome of dementia and go through what should be done in a full, comprehensive evaluation.

D. Intellectual Disabilities and Dementia

Philip McCallion, PhD, ACSW, Director, Center for Excellence in Aging Services, University at Albany, State University of New York

This workshop will address what we know about Alzheimer's disease and other dementias for people with intellectual and developmental disabilities and will offer strategies for assessment, day to day care and caregiver support as well as updates on on-going research.

E. Alz101: An Introduction to Alzheimer's Disease and Dementia

Hollie Gray, Program Director, Alzheimer's Association of Northeastern New York

"My loved one keeps forgetting things. Is this just part of the aging process or is it dementia or Alzheimer's disease?" This workshop explains the basics of normal aging vs. Alzheimer's disease; defines dementia; and identifies the stages and progression of Alzheimer's disease. This is an introductory-level workshop for family and professional caregivers who have little knowledge or experience regarding Alzheimer's disease.

The Conference is more than workshops...

40+ Exhibitors

Learn about the products and services they offer

Caregivers' Corner

Free sessions in Massage Therapy, Aroma Therapy, and Healing Touch

Brain Fitness Gym

Find out what you can do to keep your brain fit, featuring Dakim BrainFitness*

** Dakim BrainFitness is designed to help seniors fight the development of dementia with a rigorous, enjoyable cognitive workout in six cognitive domains. A touch screen and five self-adjusting challenge levels enable active seniors and even those with mild Alzheimer's disease to be successful, even if they've never used a computer.*

Workshops

1:15 pm - 2:30 pm

F. Music and Alzheimer's: Never Stop Communicating

Mary Daikos, MT-BC, CDP, Director, Bright Horizons at Carondelet Alzheimer's and Dementia Center
This workshop will give family and professional caregivers an understanding of how the therapeutic use of music can create new pathways for communication and enhance connections between people living with Alzheimer's disease and those who care for them.

G. Communication: Purpose, Perspective and Presence (Repeat of Workshop A)

Karen Stobbe, Improvisational actress, writer, caregiver and Project Director of "In the Moment", a training program for caregivers
Communication is the foundation to relationships. Join us for an interactive session on making our communication more meaningful to those in our lives who have dementia.

H. Understanding and Managing the Challenging Behaviors Associated with Alzheimer's Disease

Elizabeth Smith-Boivin, MSHSA, Director, Anne B. and Leon J. Goldberg Alzheimer's Resource Program, Alzheimer's Center of Albany Medical Center
Alzheimer's disease is characterized by a loss of memory, decline in cognitive functions, and changes in personality and behavior. Common behavioral symptoms associated with Alzheimer's disease, include anxiety, repetitiveness, agitation, resistance, depression, hallucinations/delusions, and wandering. These behaviors are often the greatest source of frustration and stress for caregivers. Sometimes these behaviors result from changes in the brain, other times they signify a problem or need that the person with AD cannot express. Developing an understanding as to why these behaviors may occur and identifying strategies and medications used to manage and modify behavior often helps improve day-to-day life for both persons with Alzheimer's and their caregivers.

I. The Journey (interactive panel discussion)

Erin Fay, LMSW, Program Manager, Marjorie Doyle Daybreak
George J. Giokas, M.D., Director of Palliative Care Services, Regional Medical Director, The Community Hospice
Kevin Pertchik, Ph.D., Clinical Psychologist, RG Psychological Services, PC
Michael L. Wolff, MD, FACP
"The Journey" of Alzheimer's can be a scary one in which we feel very alone. Our panel of two physicians, a psychologist and a social worker will walk with you through the "journey of Alzheimer's" from early detection; to 'digesting' the diagnosis; to finding services in the community; and finally to talking about end-of-life care. The members of the panel will briefly discuss their role in the "journey" and then will welcome your questions.

J. Spirituality and Dementia Part I: The Spiritual Needs of Persons with Dementia

Patty O'Brian, North Central Regional Director, Alzheimer's Association Connecticut Chapter
This workshop will identify the difference between religion and spirituality; provide suggestions on how to become and remain connected with a person with Alzheimer's disease; and discuss ways to touch the spirit - focusing on knowing the person with dementia better than knowing the disease.

K. The Alzheimer's Project I (HBO film screening and discussion)

Hollie Gray, Program Director, Alzheimer's Association of Northeastern New York
Erin Clark, MSW, Capital District Program Manager, Alzheimer's Association of Northeastern New York
Join us as we view HBO's Emmy award winning documentary, "The Alzheimer's Project". Listen and learn as leading scientists and researchers explain the disease, the possible causes and what we can do to decrease its effects. A wonderful learning tool in easy-to-follow layperson terms. This session will focus primarily on the "Momentum In Science" segment of the film and will offer a discussion session after the screening.

Workshops

2:45 pm - 4:00 pm

L. Activities Made Simple

Karen E. Britt, Senior Associate, Innovative Concepts Consulting, LLC

Engaging people with dementia in meaningful activity over the often unpredictable course of this illness can be one of the most significant challenges facing both family and professional caregivers. This workshop will increase participants' understanding of why this tends to be such a challenge, improve their ability to creatively develop individualized activities for those in their care, as well as provide numerous tangible activity tools that anyone can implement immediately. This workshop is appropriate for both family and professional caregivers.

M. Keeping Safe ~ Environmental Design

Patty O'Brian, North Central Regional Director, Alzheimer's Association Connecticut Chapter

For people with Alzheimer's disease, the environment can become a barrier rather than an aide for functioning and continued quality of life. This workshop will help you to identify dangers in the home and long-term care settings dealing with environment; determine safety issues that have been caused by changes in the brain and body due to dementia; and discover how colors can effect safety.

N. Not Your Typical Caregiver (interactive panel discussion)

Diane Van Dusen, CSW, Manager of Clinical Dementia Services, Eddy Alzheimer's Services

Karen E. Meemken, LCSW, Elder Care Consultant, CHOICES Geriatric Care Management Program

Miranda Nethaway, Granddaughter and after school care helper

Lori Snyder, Stay-at-Home Daughter

Many people think of a caregiver as being a wife or daughter who lives a few miles from the person or even in the home. As you will see and hear from our panel, many caregivers do not fit the stereotype of "typical caregiver". Men, children and grandchildren, and long-distance relatives are also caregivers, and they face some unique challenges. This discussion is intended to give you a better understanding of who "out there" is filling the role of caregiver and how they do it.

O. Medicare and Medicaid Basics

JulieAnn Calareso, Esq., Burke & Casserly, P.C.

Come and learn what Medicare will cover and when Medicaid will cover your long term care costs. Hear about the eligibility rules for traditional, nursing home Medicaid benefits, plus learn about community-based Medicaid benefits that might be available to you, including the new Nursing Home Diversion and Transition program.

P. Spirituality and Dementia Part 2: Nurturing the Soul (interactive panel discussion)

Sister Stella Marie Dillon, RSM, Chaplain, McAuley Residence

Bill Hinrichs, D.Min., Western Region Program Manager, Alzheimer's Association of Northeastern New York

Maggie Hume, caregiver

Sharon Rosenblum, LCSW, Case Manager at The Massry Residence

The Rev. Andrew C. Russ, M. Div. Chaplain, The Community Hospice of Rensselaer County

This panel will focus on case stories of spirituality and Alzheimer's care from care partners and practitioners, perspectives from faith-based communities and others from diverse backgrounds.

Q. The Alzheimer's Project II (HBO film screening and discussion)

Hollie Gray, Program Director, Alzheimer's Association of Northeastern New York

Erin Clark, MSW, Capital District Program Manager, Alzheimer's Association of Northeastern New York

We invite you to view the HBO Emmy award winning documentary "The Alzheimer's Project". Watch and listen as caregivers tell their stories on film. It is an unbiased look into the world of Alzheimer's disease and the emotional effects that it has on those caring for those affected. This session will focus on "The Memory Loss Tapes" with a discussion period following the screening.

13th Annual Conference for Caregivers November 23, 2009

Conference Registration Form (one form per registrant)

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____ Phone _____

E-mail: _____

I am a: Family Caregiver* Professional In need of Certificate of Attendance

* Respite care for your loved one with dementia may be available free of charge during the Conference. Space is limited and reservations will be accepted on a first-come, first-serve basis. For reservations, please call Hollie at (518) 867-4999 x203. Sign up required by Wednesday, November 11, 2009.

Choose the Workshops you would like to attend (one session per timeslot):

10:45 am - 12:00 pm

1:15 pm - 2:30 pm

2:45 pm - 4:00 pm

A. Communication:
Purpose, Perspective &
Presence

F. Music & Alzheimer's:
Never Stop Communicating

L. Activities Made Simple

B. The Basics of Research and
Current Trends in Alzheimer's
Disease

G. Communication:
Purpose, Perspective and
Presence

M. Keeping Safe ~
Environmental Design

C. Dementia Evaluation Guide

H. Understanding and
Managing the Challenging
Behaviors Associated with
Alzheimer's Disease

N. Not Your Typical Caregiver

D. Intellectual Disabilities &
Dementia

I. The Journey

O. Medicare and Medicaid
Basics

E. Alz101: An Introduction
to Alzheimer's Disease and
Dementia

J. Spirituality & Dementia I:
The Spiritual Needs of Persons
with Dementia

P. Spirituality & Dementia II:
Nurturing the Soul

Q. The Alzheimer's Project II

Conference Registration Fee*
(please check)

*Registration fees are non refundable

Family Caregiver _____ \$40.00 Professional _____ \$75.00

Check enclosed \$ _____ (payable to Alzheimer's Association NENY)

Please charge \$ _____ (circle) VISA MC Discover AmEX

_____ exp. _____

Signature _____

Your Conference registration includes:

- All program events and Conference materials
- Light morning refreshments and buffet lunch

*Scholarships may be available for family care providers.
Free shuttle transportation available (several locations).
Discounted hotel rate at The Hampton Inn, Schenectady.
Call (518) 867-4999 x209 for more information.*

The Virtual Dementia Tour™

Time slots available from
12:00 - 4:00 pm
(Tour takes about 20 minutes)

I am interested in taking the tour.

**Space is limited. You will be
contacted if you are selected.**
(Selections are made on a first-come,
first serve basis.)

Phone: _____

Please mail payments to:

Alzheimer's Association NENY
Pine West Plaza, Bldg. 4, Suite 405
Washington Ave. Ext.
Albany, NY 12205

Or FAX to (518) 867-4997

For more information on the Conference,
call (518) 867-4999 x209

Northeastern NY Chapter
Pine West Plaza, Bldg. 4, Suite 405
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13th Annual Conference for Caregivers
November 23, 2009

*Educational and Entertaining Keynote
Exciting New Workshops
Caregivers' Corner & Brain Fitness Gym*

Directions to College Park Hall (formerly the Ramada Inn)
450 Nott Street Schenectady, NY 12308 (518) 388-8732

From the South and East:

Take the New York State Thruway to Exit 24. Go North on I-87 (Northway) to Exit 6 (marked 'Route 7 west'). Follow Route 7 west for 6.5 miles and bear right onto Union Street. Continue on Union Street for approx. 3 miles. Once past the main gate of Union College, turn right at the traffic light onto Seward Place. Follow Seward Place to the next traffic light and turn left onto Nott Street. College Park Hall is on the left across from Colonial Car Wash.

From the North:

Take the Northway (I-87) to Exit 6 (marked 'Route 7 west'). Follow Route 7 West for 6.5 miles and bear right onto Union Street. Once past the main gate of Union College, turn right at the traffic light onto Seward Place. Follow Seward Place to the next traffic light and turn left onto Nott Street. College Park Hall is on the left across from Colonial Car Wash.

From the West:

Take the New York State Thruway to Exit 26. Take I-890 East to Exit 4 (Erie Boulevard). Follow Erie Boulevard north to traffic light at Nott Street. Turn right onto Nott Street. College Park Hall is located on the right next to Colonial Car Wash.

**NEW
LOCATION!**