

## Registration Form

Registration deadline: Thurs, Nov. 14, 2019

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

(Make one selection for each workshop session)

Workshop A Choice:  1.     2.     3.  
(select one from # 1-6)

4.     5.     6.

Workshop B Choice:  7.     8.     9.  
(select one from # 7-12)

10.     11.     12.

Conference Fees:

\$5 Before or on Thursday, November 1

\$10 After Thursday, November 1

Mail completed registration form  
and check payable to:

**Alzheimer's Association**  
**620 S. 76<sup>th</sup> Street, Suite 160**  
**Milwaukee, WI 53214**

(Lunch is included with registration)

Contact Kelly Conway at 800.272.3900  
with registration questions

## Sheboygan County Caregiver Conference

Acuity, 2800 S. Taylor Drive, Sheboygan ~ Thursday, November 21, 2019

### 10:50 Workshop A (select one from # 1-6)

1. **Advancing the Science: Alzheimer's and Dementia Research**

*Tim Harrington, Alzheimer's Association Wisconsin Chapter*

Up to date information from the world of Alzheimer's and dementia research as reported out from the 2019 Alzheimer's Association International conference (AAIC).

2. **Advanced Directives**

*Lee Mitchler, Social Worker, Sharon S. Richardson Community Hospice*

How can you make sure your health care wishes are followed if you are unable to communicate these with your doctor? Come learn about Advance Directives and take control!

3. **Spirituality in Persons Living with Dementia**

*Marianne Brandt & Kimberly Thimmig, Sharon S. Richardson Community Hospice*

Explore the ability of persons living with dementia to understand, express and utilize their spirituality during the disease progression. Recognize and support your loved ones' spiritual beliefs and practices.

4. **Medicaid, Medicare & Supplemental Social Security**

*Patricia Hafermann, Elder Benefit Specialist, Aging & Disability Resource Center*

Have you ever wondered what are the differences between Medicaid (M.A. or Title 19), Medicare, or Supplemental Social Security (SSI)? Then this workshop is for you!

5. **Successful Activities for the Caregivers and their Loved Ones**

*Leah Zehel, The Gathering Place & Memory Matters, & Jennifer Balge, Dementia Care Network President*

Activate the brain with sensory engagement through creative activities! The Gathering Place and Memory Matters are programs that provide opportunities for those with memory issues to explore their community, experience new things and collaborate with community partners.

6. **Understanding & Responding to Dementia-Related Behaviors**

*Ginny Nyhuis, Program Manager, Alzheimer's Association Wisconsin Chapter*

A brief overview of the main types of dementia. Learn communication and behavior changes, and identify triggers to some challenging behaviors.

### 1:00 Workshop B (select one from # 7-12)

7. **Coping with Changes in Intimacy and Sexuality in Dementia**

*Lynda Markut, Family Services Coordinator, Alzheimer's Association Wisconsin Chapter*

Learn components of intimacy and sexuality, changes in relationships, and how partners can adapt and cope with changes as the dementia progresses. Video clips and discussion, will open up the conversation.

8. **Reducing the Risk of Dementia Through Physical Exercise**

*Fred Brown, Exercise and Activity Coordinator*

Gain information on exercises and fall prevention, along with a fun-filled participation segment on a variety of exercises to help build body control and balance. Exercises will be done both in and/or out of a chair.

9. **Falls & Balance: Home Safety Environmental Tips**

*Bridget Boy, Licensed Physical Therapist Assistant*

Home safety is especially important if you're caring for a loved one who has Alzheimer's disease. To prevent stressful and dangerous situations, we will consider home safety tips for caregivers.

10. **Dementia Crisis Care Task Force Update**

Members of the Dementia Crisis Care Task Force, share how this multi-disciplinary group of professionals have changed the dementia crisis response protocol, and next steps for improving dementia crisis care.

11. **MIND Diet**

*Beth Pahmeier, Wisconsin certified registered dietitian, Harvest Home Assisted Living*

The MIND diet is aimed at reducing the risk of dementia and the decline in brain health that people often experience as they age.

12. **Understanding & Responding to Dementia-Related Behaviors (repeated - see above description)**

## Conference Schedule

**9:00** Registration, visit exhibitors

**9:20** Welcome

**9:30** Boost Your Brain:

**5 Science-Backed Strategies to Enhance Memory and Minimize the Risk of Alzheimer's**

*Dr. Michelle Braun, neuropsychologist*

Lifestyle factors are the most effective strategy available to reduce the risk of Alzheimer's, especially given that there is no direct genetic cause for 99% of cases of Alzheimer's, and there has been no new approved medication to treat Alzheimer's since 2004. However, knowing which lifestyle strategies are most effective has become increasingly challenging. Learn the top 5 science-backed strategies that have been shown to sharpen memory and dramatically reduce the risk of Alzheimer's.

**10:30** Break, visit exhibitors

**10:50** Workshop A (see reverse for descriptions)

**11:50** Lunch (included), visit exhibitors

**1:00** Workshop B (see reverse for descriptions)

**2:00** Break, visit exhibitors

**2:20** The Role of Listening in Caregiving:

**Creative Engagement Through the Power of Stories**  
*Ben Merens, MSJ*, has been a professional journalist for 32 years. He spent 21 of those years as a talk show host at Wisconsin Public Radio. Ben is a public speaker whose focus is the art and science of empathic listening. In his free time, Ben is an improvisational, acoustic-guitar-playing singer/songwriter.

**3:15** Closing, Wrap-up and Door Prizes

**Thanks to our major event sponsors!**



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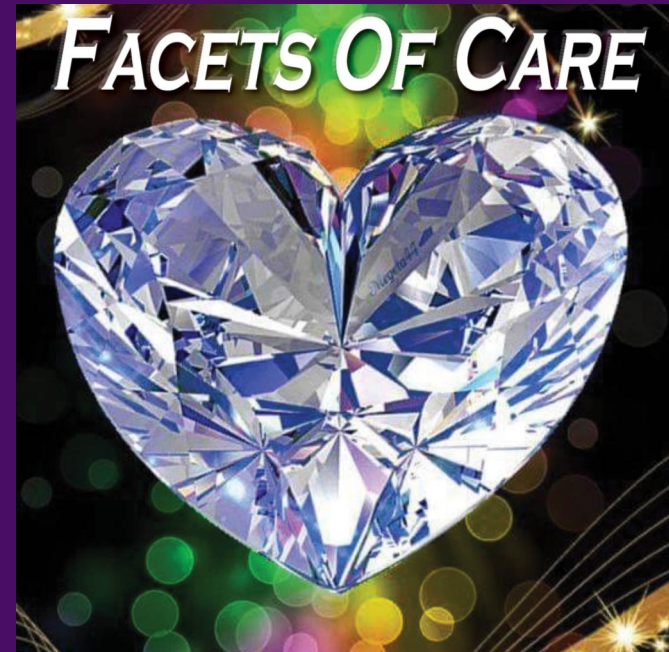
620 S. 76th Street, Suite 160  
Milwaukee, WI 53214

Caregiver Conference 2019

alzheimer's association®



## Sheboygan County Caregiver Conference



**Thursday,  
November 21, 2019**  
9:00 a.m. — 3:30 p.m.



United Way of  
Sheboygan County

**Acuity Insurance**  
2800 S. Taylor Drive, Sheboygan