



A Meeting of the Minds:

Enhancing Clinical and Practical Dementia Care in WNC
Friday, November 13, 2015

Due to overwhelming demand, this conference is filled to capacity. However, if you are interested in attending **ONLY the free Thursday night "Steering into the Skid" event, please call (828) 257-4475 and we will pre-register you over the phone.**

Location: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd. Asheville, NC 28803

Date: Friday, November 13, 2015

Registration: 7:30 am - 8:00 am *(breakfast provided)*

Program: 8:00 am - 4:30 pm *(lunch provided)*

Early registration fees through November 6th:

MDs, PAs, NPs: \$75.00

Health or Social Service Providers: \$30.00

Family Caregivers/MAHEC Employees: \$10.00

The dementia-focused 2015 Geriatric Summit is a 1-day event designed by clinicians and community advocates to enhance communication and care for people living with dementia in both urban and rural WNC. This conference will provide healthcare professionals and caregivers with positive approaches for working with persons with dementia, by taking a practical and multidisciplinary tactic to treatment and care through interactive lectures, breakout sessions, and engaging panel discussions.

AUDIENCE

Physicians, Nurses, CNAs, Physical Therapists, Occupational Therapists, Social Workers, Behavioral Health Professionals, Pharmacists, Family Caregivers



OBJECTIVES

Upon completion of this educational event, the learner should be able to:

- Recognize successful systems of care for patients with dementia
- Describe a practical approach for medical providers to plan care for and address the biopsychosocial needs of adults with dementia
- Discuss practical strategies for communicating with patients with dementia and for enhancing provider-caregiver communication about patients with dementia
- Identify and access community resources to support professional and family caregivers
- Utilize practical tools to serve patients with dementia in the practice setting and to care for family members with dementia

SPECIAL PROGRAM!

Steering into the Skid

Sandra Cuyler and Dick Cuyler

Stage reading of a play about a couple in their sixties that covers twelve short scenes set in their SUV. The scenes trace a year in their life together. As the months pass, the changes wrought by advancing age and Alzheimer's Disease force each character to adjust to new demands on their imperfect but loving marriage.

Location: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd. Asheville, NC 28803

Date: Thursday, November 12, 2015

Registration: 6:30 pm - 7:00 pm *(refreshments provided)*

Program: 7:00 pm - 8:30 pm

FREE, but must register to attend!

Post play discussion facilitated by Dr. Margaret Noel

Thursday, November 12, 2015

6:30 - 7:00pm	Registration (<i>Refreshments provided</i>)
7:00 - 8:30	Reading of <i>The MemoryCare Play</i> , "Steering Into the Skid" (Post play discussion facilitated by Dr. Margaret Noel) <i>Actors: Sandra and Dick Cuyler</i>

Friday, November 13, 2015

7:30 - 9:00am	Registration (<i>Light breakfast provided</i>)
8:00 - 8:15	Welcome <i>Michael Dowling, MD</i>
8:15 - 9:00	Keynote: The Development and Implementation Process of the Aging Brain Care Program <i>Malaz Boustani, MD, MPH</i>
9:00 - 10:00	Panel: Communicating During Transitions (Case-based) <i>Present case, then panel: Virginia Templeton, MD, Genny Pugh, Nancy Smith-Hunnicut</i>
10:00 - 10:15	Break

Choose any 1 session from each Breakout below:

Geared towards Healthcare Providers
 Geared towards Caregivers
 Geared towards Healthcare Providers/Caregivers

10:15 - 11:00	1st Breakout
A	New Workforce Development in Dementia Care: Screening "Caregivers" <i>Malaz Boustani, MD, MPH</i>
B	A Caregiver's Orientation to Medicines <i>Cathy Hebert, RN, MSN, GCNS-BC</i>
C	Music and Memory Program in Skilled Nursing Facilities: Just Press Play <i>Ruth Price</i>
11:00 - 11:45	2nd Breakout
D	Finding and Accessing Community Resources <i>Mark Hensley, MA</i>
E	Eldercare Financial Planning <i>Parker Smith</i>
11:45 - 12:00pm	Watch Video (Interactions of a WNC Couple Experiencing Dementia) Pick Up Boxed Lunch in the Commons
12:00 - 12:45	Keynote Over Lunch: Early Symptoms of Alzheimer's and Non-pharmalogical Approaches <i>Lisa Gwyther, MSW, LCSW</i>
12:45 - 1:00	Break
1:00 - 1:45	3rd Breakout
F	Communicating with Patients with Dementia and Caregivers - A Deeper Look <i>Lisa Verges, MD</i>
G	Selfcare for Caregivers <i>Lisa Gwyther, MSW, LCSW</i>
1:45 - 2:45	4th Breakout
H	"De-prescribing" Reducing High Risk Medications That Can Cause Dementia <i>Tasha Woodall, PharmD, CGP, CPP, and Suzanne Landis, MD, MPH</i>
I	Managing Behaviors to Improve Relationships <i>Ruth Jordan, LPC</i>
2:45 - 3:00	Break
3:00 - 3:45	5th Breakout
J	A Physician's Guide to Advance Care Planning with Patients with Dementia <i>Marsha Fretwell, MD, and Wendy Sause, MSW</i>
K	A Caregiver's Guide to Advance Care Planning <i>Dylan Babb, MFA, Jo Clare Wilson, M. Div, and Cindy Bovee-Kemper, M. Div</i>
L	Crisis Prevention and Planning <i>Vicki Sturtevant, MS, LPC, LCAS-A</i>
3:45 - 4:15	Wrap-Up <i>Michael Dowling, MD and Sarah Thach, MPH</i>
4:15	Adjourn <i>Michael Dowling, MD</i>

FACULTY

Malaz A. Boustani, MD, MPH

Center Scientist, Indiana University Center for Aging Research
Investigator, Regenstrief Institute, Inc.
Chief Research Officer, Indianapolis Discovery Network for
Dementia
Research Director, Healthy Aging Brain Center

Lisa Gwyther, MSW, LCSW

Director, Family Support Program
Associate Professor, Department of Psychiatry and Behavioral
Sciences Division of Geriatric Psychiatry

Michael Dowling, MD

Faculty Physician
Internal Medicine/Geriatric Medicine
MAHEC

Lisa Verges, MD

MemoryCare

Ruth Jordan, LPC

Smoky Mountain LME/MCO

Cathy Hebert, RN, MSN, GCNS-BC

Ruth Price

Land of Sky Regional Council

Mark C. Hensley, MA

NC Division of Aging and Adult Services

Parker Smith, JD

Pisgah Legal Services

Tasha Woodall, PharmD, CGP, CPP

MAHEC

Marsha D. Fretwell, MD

Health Partners - Division of Senior Care Systems

Wendy Sause, MSW

Community Care of WNC

Dylan Babb, MFA

CarePartners Home Health

Jo Clare Wilson, MDiv

Four Seasons

Cindy Bovee-Kemper, MDiv

Mission Health

Ann Berger, CPA

Pisgah Legal Services

Virginia Templeton, MD

MemoryCare

Vicki Sturtevant, MS, LPC, LCAS-A

Smoky Mountain



CREDITS

Dr. Michael Dowling

Medical Course Director

Continuing Medical Education (CME)

Accreditation:

The Mountain Area Health Education Center is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation:

The Mountain Area Health Education Center designates this live educational activity for a maximum of **7.25 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure:

The Mountain Area Health Education Center adheres to ACCME Essential Areas, Standards, and Policies regarding industry support of continuing medical education. Disclosure of the planning committee and faculty's commercial relationships will be made known at the activity.

7.25 CNE Contact Hours.

This continuing nursing education activity was approved by the Mountain Area Health Education Center's Department of Nursing Education, an accredited approver by the American Credentialing Center's Commission on Accreditation.

Participants must attend entire activity to receive credit. No partial credit is given for this activity.

MAHEC adheres to the ANCC/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity.

CEU: The Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for **0.7 CEUs** as established by the National Task force on the Continuing Education Unit. You must attend the entire activity or activities to receive CEUs.

7.25 Contact Hours

CAREGIVER ASSISTANCE

Care for people with dementia will be available onsite by HomeInstead during this program at **no charge**. If you plan to take advantage of this service, **please check the appropriate box on the registration form**.

Respite care at home may be arranged in advance of the program for a limited number of participants on a first-come, first-served basis at **no charge**.

To receive more information on both of these options, please **contact Elaine Alexander at 828-257-4414 by October 30, 2015**.

DIRECTIONS TO THE BILTMORE CAMPUS

121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge turn right and go up the hill to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge turn right and go up the hill to the MAHEC Biltmore Campus.

REGISTRATION

Early Registration Deadline: November 6, 2015

Early registration fee is \$75.00 for MDs, PAs and NPs, \$30.00 for health or social service providers, and \$10.00 for family caregivers/MAHEC employees. Registration fee includes administrative costs, educational materials, refreshments (for those attending Thursday, November 12th) and breakfast/lunch (for those attending Friday, November 13th). If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Have a question?

Program Planner:
Elaine Alexander, MSN, RNC-OB
elaine.alexander@mahec.net



Special Services:
828-257-4485

828-257-4414

Registration Information: 828-257-4475
Fax Registration: 828-257-4768
Online Registration: www.mahec.net
Email: registration@mahec.net
Mail: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803



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Enhancing Clinical and Practical Demential Care
in WNC

Friday, November 13, 2015

Updated contact info

Name _____

Credentials _____

Social Security # **XXX-XX-**____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Due to overwhelming demand, this conference is filled to capacity. However, if you are interested in attending ONLY the free Thursday night "Steering into the Skid" event, please call (828) 257-4475 and we will pre-register you over the phone.

After November 6th:

MDs, PAs, NPs: \$75.00 \$90.00
Health or Social Service Providers: \$30.00 \$45.00
Family Caregivers/MAHEC Employees: \$10.00 \$25.00

SCHOLARSHIPS AVAILABLE

for family caregivers and CNAs

Contact Elaine Alexander at 828-257-4414
or elaine.alexander@mahec.net

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed (Made payable to MAHEC) Credit card info provided
 Visa Mastercard Discover Card American Express

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

16ID003/46803

Send completed registration form to:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768

Please select which program(s) you will be attending:

- I will attend **Steering into the Skid** on Thursday, November 12th
 - No Fee
- I will attend **A Meeting of the Minds** on Friday, November 13th
 - Vegetarian meal requested Gluten-free meal requested
 - I plan to utilize the onsite care provided by HomeInstead
 - I plan to utilize the Respite Care at my home

Please choose one session from each breakout below.

Breakout 1:

- A:** New Workforce Development in Dementia Care: Screening "Caregivers"
- B:** A Caregiver's Orientation to Medicines
- C:** Music and Memory Program in Skilled Nursing Facilities

Breakout 2:

- D:** Finding and Accessing Community Resources
- E:** Eldercare Financial Planning

Breakout 3:

- F:** Communicating with Patients with Dementia | Caregivers - A Deeper Look
- G:** Selfcare for Caregivers

Breakout 4:

- H:** "De-prescribing" | Reducing High Risk Medications That Can Cause Dementia
- I:** Managing Behaviors to Improve Relationships

Breakout 5:

- J:** A Physician's Guide to Advance Care Planning with Patients with Dementia
- K:** A Caregiver's Guide to Advance Care Planning
- L:** Crisis Prevention and Planning



Bring your gently used MP3s, iPods and/or original CDs that you are no longer using to the conference. They will all be donated to persons with dementia throughout Western North Carolina.

