

alzheimer's  association<sup>®</sup>

THE BRAINS BEHIND SAVING YOURS.<sup>®</sup>

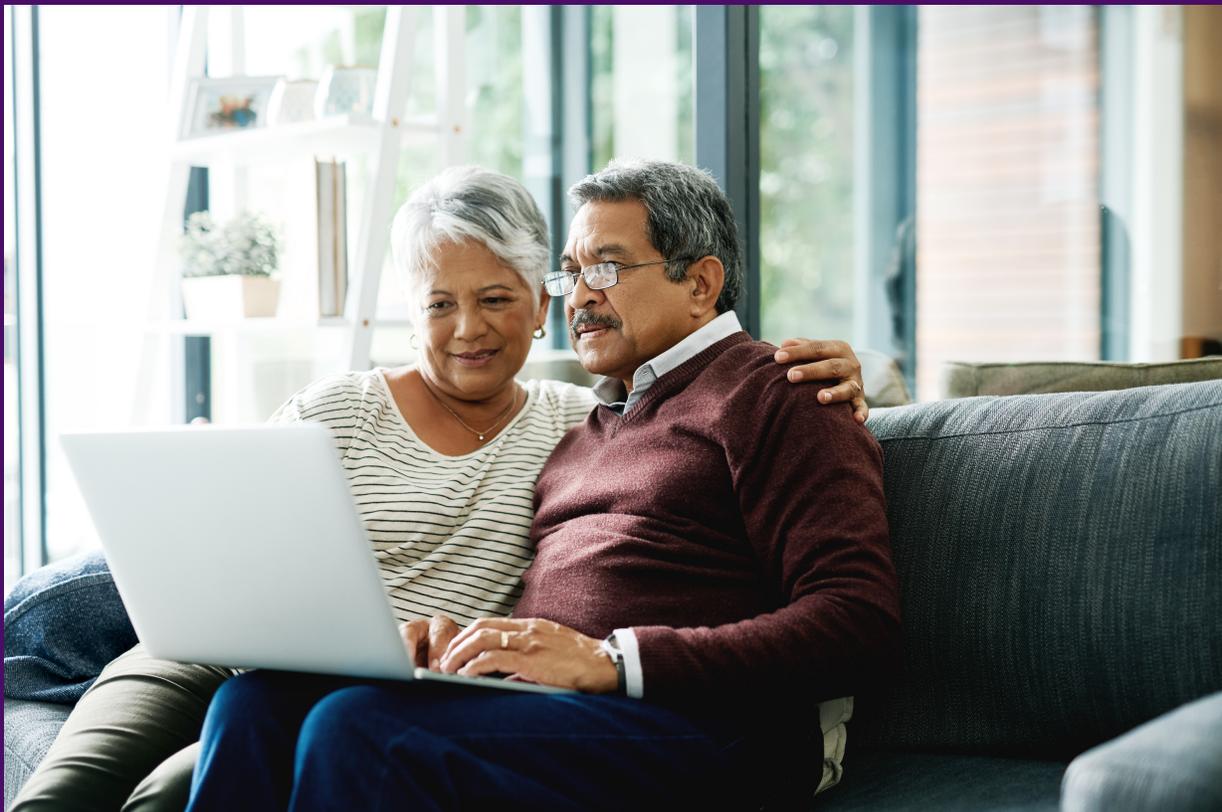
 10TH ANNUAL VIRTUAL

CAREGIVER'S JOURNEY 2020

A conference for Alzheimer's Caregivers and Healthcare Professionals

Conference Agenda

Dec 2-4, 2020





# The Alzheimer's Association would like to thank our Platinum Sponsors



# RIGEC

Rhode Island Geriatric Education Center



## Welcome to the Conference!

*Donna M. McGowan, Alzheimer's Association,  
Rhode Island Chapter Executive Director*

Thank you for joining us this year for the 2020 Conference! This year has been challenging, to say the least. In fact, life altering in many ways for most of us.

When we gathered in person about a year ago, who could have imagined what the new year would bring. It has been especially hard for those living with Alzheimer's Disease and related dementias and for their caregivers. We are so incredibly grateful for everything that you all do for those you care for. Our conference will be a three-day event, and we are bringing together experts from across the country to share the latest in research, care and support.

We are excited to present you an impressive agenda of educational sessions. We will feature three keynote speakers, each of whom brings a passionate commitment to the fight against Alzheimer's. On the first day, we will hear from Dr. Laura Baker, PhD., the lead principal investigator for the POINTER study, funded by the Alzheimer's Association. The second day brings us David Quiroa, ASB, the Acting Director, City of Cranston Senior Enrichment Center. And on the final day of the conference, the Rev. Dr. Cynthia Huling Hummell will share her moving experiences of living with a diagnosis of early-stage Alzheimer's disease.

Alzheimer's Disease does not pause. And neither can we. There are 24,000 of our fellow Rhode Islanders living with the disease. And throughout The United States, that number is approaching six million. In Rhode Island alone, we expect a 13% increase in that figure in the next five years. But the disease affects many more people than that. There are nearly 60,000 caregivers like you in Rhode Island now. And

the amount of non-paid hours dedicated to providing care totals more than 61 million. Our Rhode Island program staff has been working diligently to recruit volunteer educators who deliver programs in all 39 communities. We continue to develop partnerships with health care systems to provide resources, grow early stage engagement programs and strengthen and expand our support groups. And I encourage everyone to be aware of our 24-hour helpline, which is staffed by trained, compassionate professionals who are here to help with any Alzheimer's Disease related concerns. The toll-free number is (800) 272-3900. None of this is possible without your support. And because of the circumstances the virus has brought all of us, we are more reliant on your financial support than ever.

I want to thank this year's sponsors, The Rhode Island Department of Health, The Rhode Island Office of Healthy Aging and The Rhode Island Geriatric Education Center. I also want to recognize and thank all our vendors; many of whom return each year. And of course, thank you to the conference presenters who share their knowledge and experience, the planning committee members whose hard work made this event possible, the chapter staff who help provide guidance and logistical support, and all of you.

Enjoy the conference, and please contact me anytime with your questions, concerns or suggestions. Thank you.

Sincerely,

*Donna M. McGowan*

## SCHEDULE AT A GLANCE

### Wednesday, December 2, 2020

9:00am - 9:30am	Introduction
9:30am - 10:45am	Keynote Speaker Laura Baker, PhD "Can Lifestyle Impact Health of the Mind as we Age?"
10:45am - 11:00am	Break
11:00am - 12:00pm	Session 1 Can Major Surgery Trigger Dementia? Speaker: Lori A. Daiello, PhD
12:00pm - 12:30pm	Break
12:30pm - 1:30pm	Session 2 Maximizing Mobility at Home: A Holistic Approach Designed for those with Cognitive Deficits Speaker: Justin J. Oakley, MSOTR/L, ECHMP
1:30pm - 1:45pm	Break
1:45pm - 2:45pm	Session 3 What If? Be prepared for emergencies. Speaker: Laurie Mantz, OTR, CADDCT
2:45pm - 3:00pm	Break
3:00pm - 4:00pm	Session 4 Creating Daily Moments of Success Speaker: Patty O'Brian, CDP
4:00pm - 4:15pm	General Session/ Q&A



## SCHEDULE AT A GLANCE

### Thursday, December 3, 2020

9:00am - 9:30am	<b>Introduction</b>
9:30am - 10:45am	<b>Keynote Speaker</b> David Quiroa, ASB, Doreen Montaquila BSW, CDP, Jennifer M. Kevorkian, Maria Rondeau. "Finding a Purpose"
10:45am - 11:00am	<b>Break</b>
11:00am - 12:00pm	<b>Session 1</b> My family member has dementia: Helping kids maintain relationships with their loved ones Speaker: Sarah Cordeiro
12:00pm - 12:30pm	<b>Break</b>
12:30pm - 1:30pm	<b>Session 2</b> Expressive Arts to Emphasize Nonpharmacological Approaches to Healthy Living with Dementia Speakers: Amber Evans and Kelly McCarthy
1:30pm - 1:45pm	<b>Break</b>
1:45pm - 2:45pm	<b>Session 3</b> Understanding Alzheimer's and Dementia (en español) Speaker: Leonor Buitrago
2:45pm - 3:00pm	<b>Break</b>
3:00pm - 4:00pm	<b>Session 4</b> Clinical Trials: 101 Hope in Alzheimer's Research Speakers: Terry Fogerty, Tara Tang, Annie Cerullo, Catherine Taylor
4:00pm - 4:15pm	<b>General Session/ Q&amp;A</b>

## SCHEDULE AT A GLANCE

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### Friday, December 4, 2020

9:00am - 9:30am	Introduction
9:30am - 10:45am	Keynote Speaker Rev. Dr. Cynthia Huling Hummel "From Why Me to What's Next"
10:45am - 11:00am	Break
11:00am - 12:00pm	Session 1 Be An Empowered Caregiver Speakers: Linnea Tuttle, Maryam Attapour, Brendalee O'Hara
12:00pm - 12:30pm	Break
12:30pm - 1:30pm	Session 2 Effective Communication and Understanding Dementia Related Behaviors (en español) Speaker: Leonor Buitrago
1:30pm - 1:45pm	Break
1:45pm - 2:45pm	Session 3 Legal and Financial Forget Me Nots for Caregivers Speaker: Macrina G. Hjerpe, Esq
2:45pm - 3:00pm	Break
3:00pm - 4:00pm	Session 4 Occupational Therapy for the Cognitively Impaired Individual in the Home Care Setting Speaker: Linda Curry, OTD, MSOT
4:00pm - 4:15pm	General Session/ Q&A



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Yes, older adults are happier. But new stages call for new resources.



Find them via

# Point

Rhode Island's free healthy aging helpdesk at

# 401-462-4444

- ✓ Food and utility bill assistance
- ✓ Home care, long-term care and hospice information
- ✓ Programs that pay friends or relatives to provide in-home care
- ✓ Medicare enrollment and evaluation

Medicare prescription plan open enrollment is October 15–December 7, 2020



United Way of Rhode Island





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#### **Group Programs**

##### Diabetes Prevention Program

*One hour per week, 16 weeks; followed by six months of follow-up*

##### Matter of Balance: Managing Concerns About Falls

*Two hours per week, eight weeks*

##### Pedaling for Parkinson's

*One hour, three times per week, 12 weeks*

##### Powerful Tools for Caregivers

*1.5 hours per week, six weeks*

##### Self-Management Programs

*2.5 hours per week, six weeks*

1. Diabetes Self-Management Program
2. Tools for Healthy Living - Chronic Disease Self-Management Program
3. Chronic Pain Self-Management Program

##### Walk With Ease

*.5 hour, three times per week, six weeks*

#### **Individual Programs**

##### Asthma Services

*Youth and their families only*

##### Tobacco Cessation Services

##### Certified Diabetes Outpatient Educator

##### Certified Cardiovascular Disease Outpatient Educator



**401-432-7217 | [ripin.org/events](http://ripin.org/events)  
[CommunityHealthNetwork@ripin.org](mailto:CommunityHealthNetwork@ripin.org)**



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University of Rhode Island \* 130 Flagg Road, Social Science Research Center \* Kingston, RI 02881  
 Email: [rigec@etal.uri.edu](mailto:rigec@etal.uri.edu) | Phone: 401.874.5311

#### About Us:

Established in 1994, RIGEC is a consortium of Rhode Island's strongest health professions educational and outreach programs, hospitals and primary care networks, and key community agencies dedicated to improving health outcomes in older adults. In 2015, RIGEC was awarded a HRSA training grant to implement the GWEP to improve health outcomes for older adults by integrating geriatrics into primary care delivery systems to provide coordinated, comprehensive, patient/family-centered health care.

#### Objectives:

- ❖ **Train** geriatrics specialists, primary care providers, and health professions students, residents, and faculty to assess and address the primary care needs of older adults.
- ❖ **Transform** clinical training environments into integrated geriatrics and primary care settings to become age-friendly systems that incorporate the principles of value-based care and alternative payment models.
- ❖ **Deliver** community-based programs that provide patients, families, caregivers, and direct care workers with the knowledge and skills to improve health outcomes for older adults.
- ❖ **Provide** training to patients, families, caregivers, healthcare providers, health professions students, residents, and faculty on Alzheimer's Disease and related dementias.

#### Programs for Professionals:

- ❖ **Geriatrics Education Series** – Continuing and Professional Development Activities
- ❖ **Alzheimer's Disease and Related Dementias** – Education and Training Activities
- ❖ **Lifelong Intellectual Disabilities and Dementia** – Webinar Series
- ❖ **Project ECHO Clinics** – Case-based, Tele-education Series for Providers
  - > *RI-Geriatrics ECHO – Includes "Caring for Older Adults - Impact of COVID-19"*
  - > *Intellectual/Developmental Disabilities and Dementia ECHO*
- ❖ **Geriatrics for the Community Health Worker** – Core-competency Webinar Series

#### Programs for Patients, Families and Caregivers:

- ❖ **Chronic Disease Self-Management** – Workshops to help individuals manage chronic disease
- ❖ **Alzheimer's Disease and Related Dementias** – Educational programs for patients, families, and caregivers

**Visit us on the web!**  
[web.uri.edu/rigec](http://web.uri.edu/rigec)

\*RIGEC is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant numbers U1QHP28737, Geriatrics Workforce Enhancement Program.



## CONFERENCE SPONSORSHIP

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### Gold Sponsors



ADVANCE II



**MetLife**

### Silver Sponsors



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**Rhode Island**



**Blue Cross  
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**Rhode Island Hospital**

*Lifespan. Delivering health with care.<sup>®</sup>*

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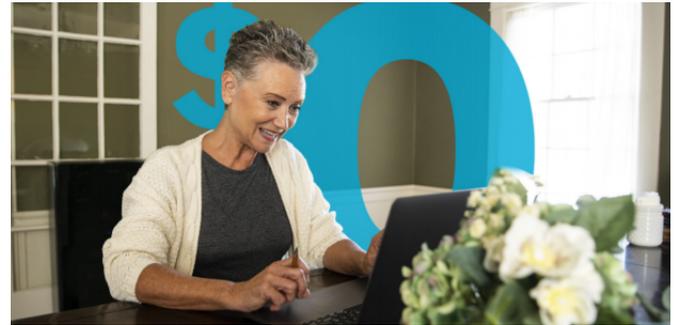
Get Help and Support with AARP's FREE **Prepare to Care Guide for Family Caregivers**

Let AARP help you make the role of caring for a loved one more manageable with our **Prepare to Care Guide**.

We'll provide the support, so you can focus on caring for your loved one.

Order at [aarp.org/preparetocare](http://aarp.org/preparetocare)

**AARP**  
Family Caregiving™



## OUR \$0 VALUE PLAN IS BACK AND IT'S BETTER THAN EVER.

BlueCHIP for Medicare Value (HMO-POS) plan.

At Blue Cross & Blue Shield of Rhode Island, our commitment to you and our community is stronger than ever. That's why we're bringing back our **BlueCHIP for Medicare Value plan**. Get more for your health, **all for a \$0 monthly premium**.

- \$0** MONTHLY PREMIUM
- \$0** PCP VISITS AT PATIENT-CENTERED MEDICAL HOMES
- \$0** LABS & X-RAYS
- \$0** PRESCRIPTION DRUG DEDUCTIBLE
- \$0** GENERIC PRESCRIPTION DRUGS
- \$0** RIDES\*

**Rhode Island. IT'S WHAT WE LIVE FOR™**



**PROVIDING ALL THE ANSWERS YOU NEED, SAFELY AND CONVENIENTLY.**

Give us a call or visit us online for information on how to join our virtual meetings, one-on-one appointments by telephone, and more.

**1-844-413-4902 (TTY: 711)**  
[ValuePlanRI.com](http://ValuePlanRI.com)

Blue Cross & Blue Shield of Rhode Island (BCBSRI) is an HMO and PPO plan with a Medicare Contract. Enrollment in BCBSRI depends on contract renewal. Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association. You must continue to pay your Medicare Part B premium. \*Transportation benefit consists of 24 one-way trips.

BMED-455400 Y0146\_2021AEPprintad1\_M



**ADVANCE II**

*Have You Or Someone You Know Been Diagnosed With Mild Alzheimer's Disease?*

A study researching a different approach for mild Alzheimer's Disease using a neurosurgical procedure called Deep Brain Stimulation (DBS) is seeking participants who:

- ✓ Are 65+ years old
- ✓ Have mild Alzheimer's Disease
- ✓ Are currently taking or have tried an FDA approved medication for dementia
- ✓ Have a caregiver or family member who can accompany the patient to doctor visits

Contact Info:  
**Lifespan/Rhode Island Hospital**

Phone: (401) 444-4362

Email: [memory.stimulation@lifespan.org](mailto:memory.stimulation@lifespan.org)

Please note that the security of email messages is not guaranteed. Messages may be forged, forwarded, lost, intercepted, or seen by others using the Internet. Do not use email to discuss information you think is sensitive.

Version date: January 10, 2020

Alzheimer's Disease and Memory Disorders Center



**Rhode Island Hospital**  
*Lifespan. Delivering health with care.*

*With your help, Alzheimer's Disease will be detected and treated before a single memory is lost.*

Join the cause today. Ask how you can participate in our **prevention research** as a **Citizen Scientist**®!

Rhode Island Alzheimer's Disease Prevention Registry  
Biopspecimen Bank  
Brain Tissue Resource Center

[Memory@Lifespan.org](mailto:Memory@Lifespan.org) • 401-444-0085

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## CONFERENCE VENDORS

### **Advocare Health Group**

When home becomes a challenge for you, your parent, or loved one, Advocare Health Group is here to help. We understand the demands of daily living for seniors, and for that reason, we create affordable, non-medical, in-home care plans to meet your needs and your families' needs.  
401-434-6727 | <http://seniorhomecareri.com/>

### **Atria Senior Living**

Recognizing the challenges of aging, we are dedicated to encouraging a fulfilling lifestyle and promoting independence. Exceptional service for our residents; Growth, development and rewards for our employees; Viability for the long term for our company; We listen. We engage life with pride, professionalism, creativity and fun. We strive to enhance lives and exceed expectations every day.  
(401) 884-2704 | [atriaseniorliving.com](http://atriaseniorliving.com)

### **Berkshire Place Nursing & Rehabilitation Center**

Berkshire Place Nursing and Rehabilitation Center is dedicated to providing exceptional and compassionate care. Located in Providence, Rhode Island. We are family-owned and operated for more than 20 years. Our experienced team of healthcare professionals is available to you 24 hours a day, 7 days a week. Let our family care for yours.  
401-553-8600 | <https://www.berkshireplacenursing.com/>

### **Catholic Social Services of Rhode Island**

Caring for loved ones as they advance in age can present a wide variety of challenges. The Roman Catholic Diocese of Providence's Elder Services programs are designed to provide assistance that restores dignity and independence to elders and ease the burden of care on families. Elder Services can assist the elderly and their families with everything from navigating the services available in the community to providing hands-on assistance.  
401-278-2506 | [catholicsocialservicesri.org](http://catholicsocialservicesri.org)

### **Elmhurst Rehabilitation and Healthcare Center**

Elmhurst strives to provide a superior experience and exceptional outcomes for patients, residents and families through progressive, innovative care, advanced technology and investment in service excellence. Highly motivated staff work to inspire our residents to live life to the fullest, offering an active, exciting and warm environment.  
401-302-9823 | [elmhurstrehabhc.com](http://elmhurstrehabhc.com)

### **Home Instead**

In providing home care services to seniors in Rhode Island since 1997, we are proud of our extensive Alzheimer's training program that is mandatory for all our staff. We consider it a privilege to be able to assist families who are impacted by Alzheimer's and to improve their quality of life.  
401-214-2469 | [homeinstead.com/ri](http://homeinstead.com/ri)

### **Hope Alzheimer's Center**

A comfortable, homelike day center staffed by caring, skilled individuals who provide comprehensive health, personal care, social and therapeutic services.  
401-946-9220 | [hopealzheimerscenter.org](http://hopealzheimerscenter.org)

### **HopeHealth**

HopeHealth is a non-profit organization serving thousands of people each year in Massachusetts and Rhode Island. Our caregivers support patients and their families through all stages of illness, providing hospice care, palliative care, home care, and dementia and Alzheimer's support services.  
401-415-4200 | [HopeHealthCo.org](http://HopeHealthCo.org)

### **Memory and Aging Program, Butler Hospital**

The Butler Hospital Memory & Aging Program (MAP) is a worldwide leader in Alzheimer's disease research. An affiliate of The Warren Alpert Medical School of Brown University, MAP has a 20+ year history of excellence in clinical care, training, and cutting-edge research aimed at developing new and better ways to detect, treat, and someday even prevent Alzheimer's.  
(401) 455-6403 | [butler.org/memory](http://butler.org/memory)

### **Neighborhood Health Plan of Rhode Island**

Neighborhood Health Plan of Rhode Island, an innovative health plan in partnership with the Community Health Centers, secures access to high quality, cost-effective health care for Rhode Island's at-risk populations.  
401-459-6000 | [nhpri.org](http://nhpri.org)

### **Next Monitoring**

Keeping the elderly and disabled safe when at home or on the go is what we do best. Get peace of mind, greater independence and security for yourself or a loved one.  
508-379-6315 | [nextmonitoring.com](http://nextmonitoring.com)



## CONFERENCE VENDORS

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### **PACE Organization of Rhode Island**

PACE-RI is a health plan for adults 55 and older who have chronic health needs but want to remain living at home. Founded in 2005, PACE-RI provides both insurance and medical care, as well as a range of health and social services including adult daycare, rides, and meals.  
401-490-6566 | [pace-ri.org](http://pace-ri.org)

### **The Phyllis Siperstein Tamarisk Assisted Living Residence**

The Phyllis Siperstein Tamarisk Assisted Living Residence is committed to providing the highest quality care to residents with Alzheimer's Disease and other forms of memory impairment. Our holistic approach to care, offered by a trained and certified resident focused staff, includes an enriched nutrition and dining program and a personalized plan of care developed with information provided by families. We embrace a philosophy that recognizes the importance of preserving dignity, celebrating individuality, encouraging participation and evoking laughter, trust and love.  
401-732-0037 | [tamariskri.org](http://tamariskri.org)

### **Saint Antoine Community**

The Saint Antoine Community is a caring community serving the physical, social, emotional and spiritual needs of older adults and their families. Compassionate care is provided to our residents by our highly-trained and experienced staff. Located in a beautiful, picturesque and spacious country setting atop a hill in North Smithfield, RI, we are a peaceful and serene campus that promotes a sense of well-being among those who call Saint Antoine their home.  
401-767-3500 | [stantoine.net](http://stantoine.net)

### **Steere House Nursing and Rehabilitation Center**

Steere House is an independent, non profit organization, providing quality care for adults who require skilled, rehabilitative and long-term services within a secure and caring environment.  
401-454-7970 | [steerehouse.org/](http://steerehouse.org/)

### **Tockwotton on the Waterfront**

Tockwotton on the Waterfront is a community of uncompromising quality and comfortable surroundings where superior care is delivered by trusted professionals. This quality speaks to the mission of Tockwotton which has been rooted in the history of Providence since its inception in 1856. A non-profit organization, we provide all of Rhode Island with a variety of services designed to meet the changing needs of older adults and their families.  
401-272-5280 | [tockwotton.org](http://tockwotton.org)

### **VISIT**

VISIT is a monthly activity kit that supports family and friends of people living with dementia by providing tools and guidance for positive social interaction.  
[thevisitkit.com](http://thevisitkit.com)

### **White Cross Pharmacy**

Let White Cross Pharmacy take the stress out of your daily medication management with the Medpack. We will sort your medication into clearly marked pouches: with the day, date and time to take the medication. There is no charge to package or deliver it your door. 401-726-6200 (option 2)  
401-726-6200 | [whitecrosspharmacy.com](http://whitecrosspharmacy.com)

### **YMCA of Greater Providence**

The mission of the YMCA of Greater Providence is to build healthy spirit, mind, and body for all, through programs, services, and relationships that are based upon our core values of caring, honesty, respect, and responsibility.  
401-521-0155 | [ymcagreaterprovidence.org](http://ymcagreaterprovidence.org)



## RESPITE ZOOM! COLLABORATORS

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### **Age-Friendly Rhode Island**

Based at Rhode Island College, Age-Friendly Rhode Island is a coalition of community and state agencies, healthcare and social service providers, individuals of all ages, advocacy and faith-based organizations, businesses, academic institutions and municipal leaders who are committed to healthy aging.

### **Home Instead**

In providing home care services to seniors in Rhode Island since 1997, we are proud of our extensive Alzheimer's training program that is mandatory for all our staff. We consider it a privilege to be able to assist families who are impacted by Alzheimer's and to improve their quality of life.

### **Memory Cafe**

RI Memory Cafe is a service organization supporting people living with dementia. We are devoted to ensuring all Rhode Islanders have access to spaces that provide respite from the impact of cognitive impairment. We offer a consistent source of support aimed at cultivating social interaction, creating uplifting moments and educating our greater community. This is accomplished by building a network of gatherings across Rhode Island so that together we may forge a dementia friendly state.



## The Alzheimer's Association would like to thank

### 2020 Caregiver's Journey Conference Planning Committee

Patti Brennan

Sandra Fournier, RN

Inglis Gardner, PhD

Laurie Gunther Mantz

Bill Kirkpatrick

Dana McCants Derisier

Heidi Ross

Faith Sands

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# alzheimer's association<sup>®</sup>

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**Providence, RI 02906**  
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**[www.alz.org/ri](http://www.alz.org/ri)**