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Seventh Annual Lucy and John Caddell

ALZHEIMER'S CONFERENCE



Sponsored by:
The Mental Health Association
in Morgan County

Decatur General West
Behavioral Medicine Center

Licensed Practical Nurses Association
of Alabama

Wednesday, March 11, 2009

Holiday Inn
1101 6th Avenue, NE
Decatur, Alabama

In Memory

This conference is dedicated to the memory of Lucy Harris Caddell and John A. Caddell. The Caddell family is beloved and respected in our community. Mrs. Caddell was born in Atlanta, attended the University of Alabama, and came to Decatur in 1935 when she married John Caddell. Mr. Caddell was a native of Decatur, attorney with the firm of Harris, Caddell and Shanks, and longtime member of The University of Alabama System Board of Trustees. The Caddell's four children are Thomas A. Caddell, Judge Jack Caddell, Henry H. Caddell and Lucinda Caddell Bell.

Mrs. Caddell was diagnosed at the University of Alabama in Birmingham in 1985 as probably suffering from Alzheimer's disease. The progress of the disease was very slow, and Mr. Caddell was her loving caregiver for 17 years prior to her death on March 16, 2002. An autopsy performed at the UAB Alzheimer's Disease Center confirmed Alzheimer's disease.

Mr. Caddell died on February 7, 2006 at the age of 95. He was a strong supporter of the Mental Health Association in its efforts to aid the victims of Alzheimer's disease and their caregivers. We continue to honor Mr. and Mrs. Caddell through this annual conference.

Presenters

Richard E. Powers, M.D.

Dr. Powers is a Geriatric Psychiatrist and Neuropathologist. He trained at the University of Kentucky in Lexington, KY and the Johns Hopkins Hospital in Baltimore, MD. He is currently Associate Professor of Pathology in the Division of Neuropathology at the University of Alabama at Birmingham. He is the Director of the Bureau of Geriatric Psychiatry for the Department of Mental Health for the State of Alabama. He oversees the Dementia Education & Training Program for the State of Alabama. He is also the Medical Director for the State of Alabama Department of Mental Health and Mental Retardation. He has contributed to numerous state and federal policy initiatives that improve long term care for older individuals. He is the recipient of numerous academic and civic awards for his efforts in medical education, patient care, and public service.

Teepa Snow, MS, OTR/L, FAOTA

Teepa is an occupational therapist currently working as a dementia care and dementia education specialist. She has an independent practice. She has clinical appointments with Duke University's School of Nursing and UNC-Chapel Hill's School of Medicine. She provides educational and training sessions to organizations and providers throughout the US. She also lectures for gerontology and health professional programs at colleges and universities across the country. She provides training and education for Alzheimer's Association and Alzheimer Society conferences, state health care provider organizations, professional association meetings, and caregiver programs and organizations. She works closely with several assisted living & retirement communities, hospice and day service programs, & dementia specialty service providers throughout the U.S. to improve and optimize programs and services to people with dementia and their families. Teepa has over 28 years of experience in geriatrics.

Jan Nelson M.Ed.

Jan Nelson has spent the last 18 years working with elders in eldercare communities and training staff and caregivers. Jan believes that when elders in eldercare communities are offered the opportunities for education and activities, our elders rise to a surprising participatory level. Jan founded Courageous Aging, Inc. in 1997 as an activities consulting and training company for eldercare communities. In 1999 she began working with Second Wind Dreams as Program Coordinator in making dreams come true for eldercare residents. In 2007 she re-established Courageous Aging with the mission to "believe in, dream with and discover the potential in our elders and those who care for them." She presents Courageous Aging Seminars across the U.S. She will be conducting Virtual Dementia Tours© during the conference.

Mental Health Association in Morgan County
P.O. Box 1502
Decatur, AL 35602



Agenda

Conference Objectives

Directions

Registration

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|-------------------------|
| 7:30 - 8:00 a.m. |
| 8:00 - 8:30 a.m. |
| 8:30 a.m. – 1:45 p.m. |
| 8:30 - 9:30 a.m. |
| 9:30 - 9:45 a.m. |
| 9:45 - 10:45 a.m. |
| 10:45 - 11:00 a.m. |
| 11:00 - 11:45 a.m. |
| 11:45 a.m. - 12:00 p.m. |
| 12:00 - 12:30 p.m. |
| 12:30 - 2:00 p.m. |
| 2:00 - 2:15 p.m. |
| 2:15 - 3:15 p.m. |
| 3:15 - 4:00 p.m. |
| 4:00 p.m. |

Registration, Coffee, Muffins, Exhibits

Welcome, Introductions, Recognitions

Virtual Dementia Tours©
Jan Nelson, M.Ed.

“One Size Does Not Fit All: Understanding How Different Conditions May Require YOU to be Different”
Teepa Snow, OTR/L, FAOTA

Break & Exhibits

“Understanding the Changes & Progression of Dementia”
Teepa Snow, OTR/L, FAOTA

Break & Exhibits

“Helping Just Right for Each Stage”
Teepa Snow, OTR/L, FAOTA

Break & Exhibits & Lunch set-up

Lunch

“Bad Molecules in Good Brains: Understanding Research on Alzheimer’s Disease and Parkinson’s Disease”
Richard E. Powers, M.D.

Break

“The Virtual Dementia Tour©”
Jan Nelson, M.Ed.

“Humor & Caregiving: Learning how to Laugh”
Teepa Snow, OTR/L, FAOTA

Evaluations and Adjourn

This conference is designed for family caregivers, nurses, social workers, licensed professional counselors, nursing home administrators, assisted living administrators, certified nursing assistants, activity professionals, physicians, and the general public.

Objectives:

- Describe some unique characteristics of at least 4 types of dementia.
- Discuss the relationship between the symptoms that are present and matching responses on our part.
- Recognize behaviors, interests, and responses that are indicative of typical progression of cognitive changes that occur with dementia.
- Discuss effective cues, caregiver behaviors, and environmental modifications for maintaining skills at each level.
- Demonstrate visual, verbal, and touch cues that are effective for each level of cognitive function.
- Identify the value of humor for both the caregiver and the person with dementia for health and well-being.
- Describe at least three possible situations in which humor can emerge in dementia related care.
- Experience what dementia may feel like.
- Develop better understanding of dementia care needs.
- Integrate this experience in the day to day care of the person with dementia.
- Define Alzheimer’s Disease and Parkinson’s Disease.
- Outline molecules involved with dementia and Parkinson’s Disease.
- Discuss research on amyloid, tau and synuclein.
- Describe possible therapies for Alzheimer’s Disease and Parkinson’s Disease.
- Define mixed dementia.

Continuing Education Credit

- 7.4 contact hours are approved for **nurses** by the Licensed Practical Nurses Association of Alabama. Provider # ABNP0008 - Bring your license!
- 6 NBCC contact hours are approved by the UNA Department of Counselor Education for **licensed professional counselors**.
- 6 contact hours are approved for **occupational therapists**.
- Continuing Education Credit has been applied for and is pending for **social workers, nursing home and assisted living facility administrators, and physical therapists**.

Holiday Inn, Decatur
1101 6th Ave. NE, Decatur, Alabama
(256) 355-3150

From I-65 North or South

- Exit #340 West to Decatur
- Follow signs to Decatur, HWY 20 West
- Curve to left at US 31 junction; take US 31 South
- Continue south across Tennessee River
- Turn right at the end of the bridge; Holiday Inn is on the right

Virtual Dementia Tours©

Jan Nelson, M.Ed. will be conducting Virtual Dementia Tours© - a novel way of getting people to understand Alzheimer’s disease. The tour takes 20 minutes. Participants will sign up for tours at the conference.

Book Display

Jonathan Benton Bookseller from Birmingham will be selling books related to Alzheimer’s disease and caregiving.

For More Information

Mental Health Association in Morgan County
256-353-1160
www.mhainmc.net
ninablackburn@mhainmc.net
suebrantley@mhainmc.net

Temperature is variable – bring a jacket or sweater.

Sponsors

Gold Level
Brookdale Senior Living
Hospice of North Alabama
The Terrace at Priceville

Silver Level
Hospice of the Valley

The Lucy and John Caddell Alzheimer’s Conference March 11, 2009

- Individual Registration includes lunch & refreshments.
- Professional Registration includes lunch, refreshments and continuing education credits.

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____

Employer, if applicable _____

Early Bird Registration – received by March 6, 2009

Please check one:

- \$35—Individual
- \$45—Professional registration – Please check:
 - RN LPN SW LPC NHA OT
 - ALF-Admin. Other _____

Received after March 6 or at the door

Please check one:

- \$45—Individual
- \$55—Professional registration – Please check:
 - RN LPN SW LPC NHA OT
 - ALF-Admin. Other _____

Exhibitor

- \$175—For-Profit Exhibitor (includes display table, 2 chairs, 2 registrations)
- \$125—Non-Profit Exhibitor (includes display table, 2 chairs, 2 registrations)

Scholarships are available for families caring for a loved one with Alzheimer’s disease. Call (256) 353-1160.

Please make check payable to:
**MENTAL HEALTH ASSOCIATION
IN MORGAN COUNTY.**
Mail registration form and fee to:
P.O. Box 1502, Decatur, AL 35602

*For more information, call (256) 353-1160
or e-mail ninablackburn@mhainmc.net*