

1ST ANNUAL AGING WELL SUMMIT

HEALTHY BRAINS, HEALTHY CAREGIVING

PROMOTING HEALTHY AGING, BRAIN HEALTH AND AMPLIFYING CAREGIVERS' VOICES.

Agenda at a Glance

Saturday November 21, 2020
10am-1:15pm via Zoom

Sunday November 22, 2020
11am-2:50pm via Zoom

Cairasu Alzheimer's and Dementia Center Inc. (DBA: Cairasu All Things Alzheimer's) is an innovative, trusted resource, and essential community partner created to support those affected by Alzheimer's disease and related dementias and their families. We are fully dedicated to promoting brain health, providing services to people with dementia and their families, and curating impactful caregiver education.

Please join us for the 1st Annual Aging Summit which will focus on brain health and healthy caregiving. It is an opportunity to create space for caregivers to learn, share, and connect with others. It is also an opportunity for everyone interested in optimizing and maintaining a healthy brain to join us in the two-day summit.

Here is the Registration Link

agingwellsummit2020.eventbrite.com

PRESENTERS



Fatou Ceesay,
President and CEO at
Cairasu All Things
Alzheimer's, Owner of
Cairasu Home Care



Welcome Remarks
First Lady Kathy Evers



**Keynote Gina
Green-Harris, MBA,**
Director University of
Wisconsin School of
Medicine and Public Health
Center for Community
Engagement and Health
Partnerships



Dr. Art Walaszek (40 mins)
Geriatric psychiatrist and
Professor of Psychiatry at the
University of Wisconsin School
of Medicine and Public Health
Presenting: Impact of
COVID-19 on Those with
Dementia



Dr. Barb Bendlin
Associate Professor in the
Division of Geriatrics
UW-Madison
Presenting: Healthy Brain
Aging



Dr. Vincent Minichiello
Family physician and Assistant
Professor, UW-Madison,
Department of Family Medicine
and Community Health
Presenting: Wise and
Compassionate Action:
A perspective on Mindfulness
In caregiving



**Wendy Betley Senior Program
Director Alzheimer's Association |
Wisconsin Chapter**



Barbara Harrington-McKinney
Diversity Coordinator, Alzheimer's
and Dementia Alliance of Wisconsin
Alder, District 1 at Madison Common
Council



Jennifer Bauer, BA
Executive Director Alzheimer's and
Dementia Alliance of Wisconsin



Joy Schmidt
Dementia Program Specialist
Dane County Human Services



Fabu Phillis Carter
Senior Outreach Specialist
for the Alzheimer's Disease
Research Center.



Michael Bruhn,
Alzheimer's Association
Policy Director



Patricia Egan, PhD,
MSW - Edgewood College and
UW-Madison
Presenting: How do Family
Caregivers Think About Quality of
Life?



**Fatou Sonko, Lead Caregiver at
Cairasu Home Care and Student
Nurse at Edgewood College**



**Sarah Alvarado, Family Caregiver
and President at Alvarado Real
Estate**



**Will Clifton, Museum Nerd at
Chazen Museum and Family
Caregiver**



**Keretha Cash, Receptionist at
Reinhardt Boerner and Family
Caregiver**



Lisa Thomas Prince, MPH,
Program Manager of UW Health
Mindfulness Program
Mindfulness for Caregivers

Sponsors

