

# BRINGING HOPE AND LIGHT TO THE DEMENTIA JOURNEY

August 6, 2024 - 8:00am-4:00pm - UW-Stevens Point



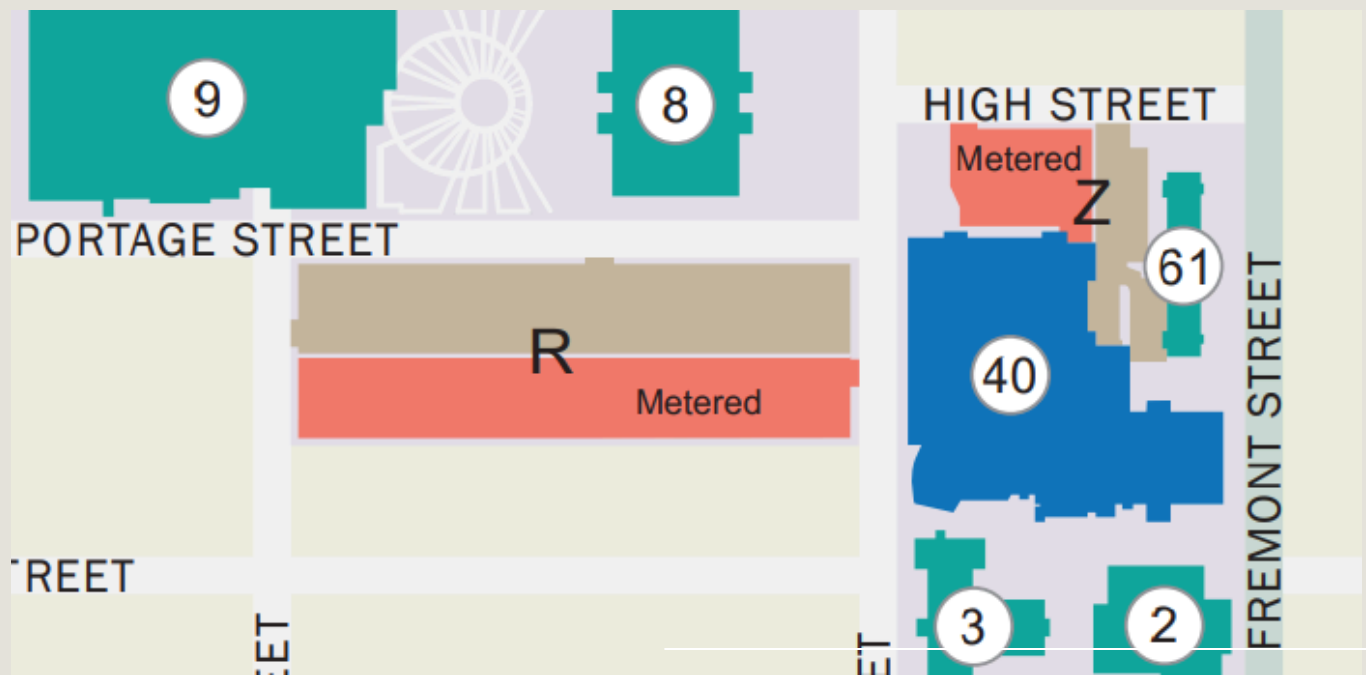
A conference for professionals,  
caregivers and individuals living with  
Dementia



# LOCATION INFORMATION:

Event will be held at UW-Stevens Point Dreyfus University Center  
1015 Reserve St, Stevens Point, WI 54481

Lots R and Z will be available for this event. Please see the map on the next page for the location of these lots. Those with handicapped plates or stickers are recommended to use the permit section of lot R. Handicapped parking will be free, all other parking is metered at the rate of \$1 per hour.



Please note:

Room temperatures may vary. Please dress for your comfort.

Register at:

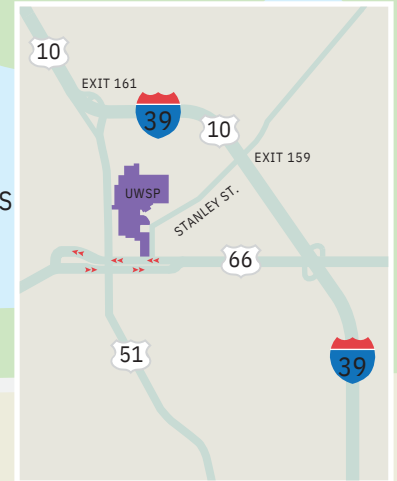
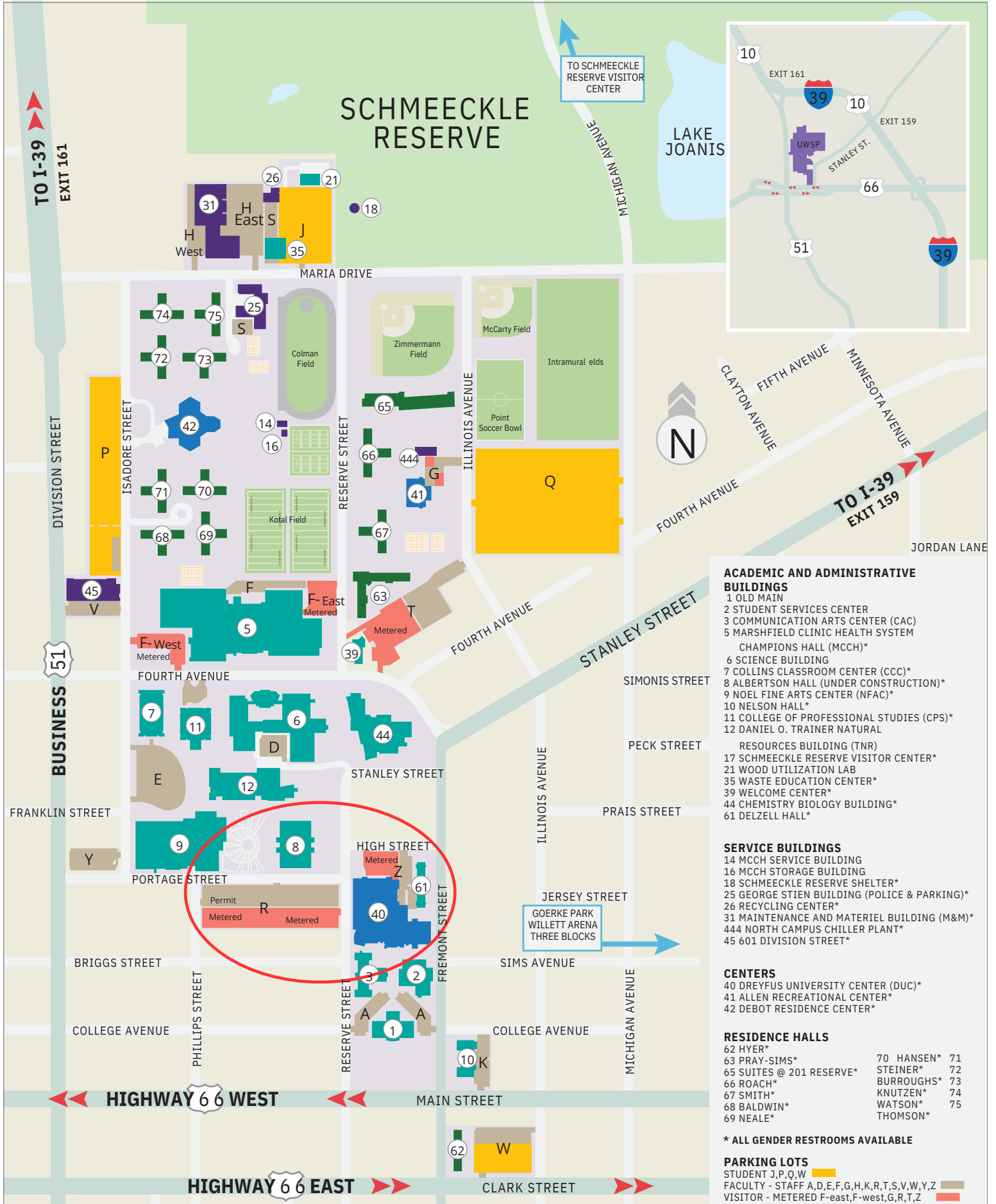
<https://www.co.dodge.wi.gov/registration>

Or Scan:



For Questions Call:

**920-386-3580**



**ACADEMIC AND ADMINISTRATIVE BUILDINGS**

- 1 OLD MAIN
- 2 STUDENT SERVICES CENTER
- 3 COMMUNICATION ARTS CENTER (CAC)
- 5 MARSHFIELD CLINIC HEALTH SYSTEM
  - CHAMPIONS HALL (MCCH)\*
- 6 SCIENCE BUILDING
- 7 COLLINS CLASSROOM CENTER (CCC)\*
- 8 ALBERTSON HALL (UNDER CONSTRUCTION)\*
- 9 NOEL FINE ARTS CENTER (NFAC)\*
- 10 NELSON HALL\*
- 11 COLLEGE OF PROFESSIONAL STUDIES (CPS)\*
- 12 DANIEL O. TRAINER NATURAL
  - RESOURCES BUILDING (TNR)
- 17 SCHMEECKLE RESERVE VISITOR CENTER\*
- 21 WOOD UTILIZATION LAB
- 35 WASTE EDUCATION CENTER\*
- 39 WELCOME CENTER\*
- 44 CHEMISTRY BIOLOGY BUILDING\*
- 61 DELZELL HALL\*

**SERVICE BUILDINGS**

- 14 MCCH SERVICE BUILDING
- 16 MCCH STORAGE BUILDING
- 18 SCHMEECKLE RESERVE SHELTER\*
- 25 GEORGE STIEN BUILDING (POLICE & PARKING)\*
- 26 RECYCLING CENTER\*
- 31 MAINTENANCE AND MATERIEL BUILDING (M&M)\*
- 444 NORTH CAMPUS CHILLER PLANT\*
- 45 601 DIVISION STREET\*

**CENTERS**

- 40 DREYFUS UNIVERSITY CENTER (DUC)\*
- 41 ALLEN RECREATIONAL CENTER\*
- 42 DEBOT RESIDENCE CENTER\*

**RESIDENCE HALLS**

- |                          |            |    |
|--------------------------|------------|----|
| 62 HYER*                 | 70 HANSEN* | 71 |
| 63 PRAY-SIMS*            | STEINER*   | 72 |
| 65 SUITES @ 201 RESERVE* | BURROUGHS* | 73 |
| 66 ROACH*                | KNUTZEN*   | 74 |
| 67 SMITH*                | WATSON*    | 75 |
| 68 BALDWIN*              | THOMSON*   |    |
| 69 NEALE*                |            |    |

\* ALL GENDER RESTROOMS AVAILABLE

**PARKING LOTS**

- STUDENT J,P,Q,W
- FACULTY - STAFF A,D,E,F,G,H,K,R,T,S,V,W,Y,Z
- VISITOR - METERED F-east,F-west,G,R,T,Z

# SCHEDULE

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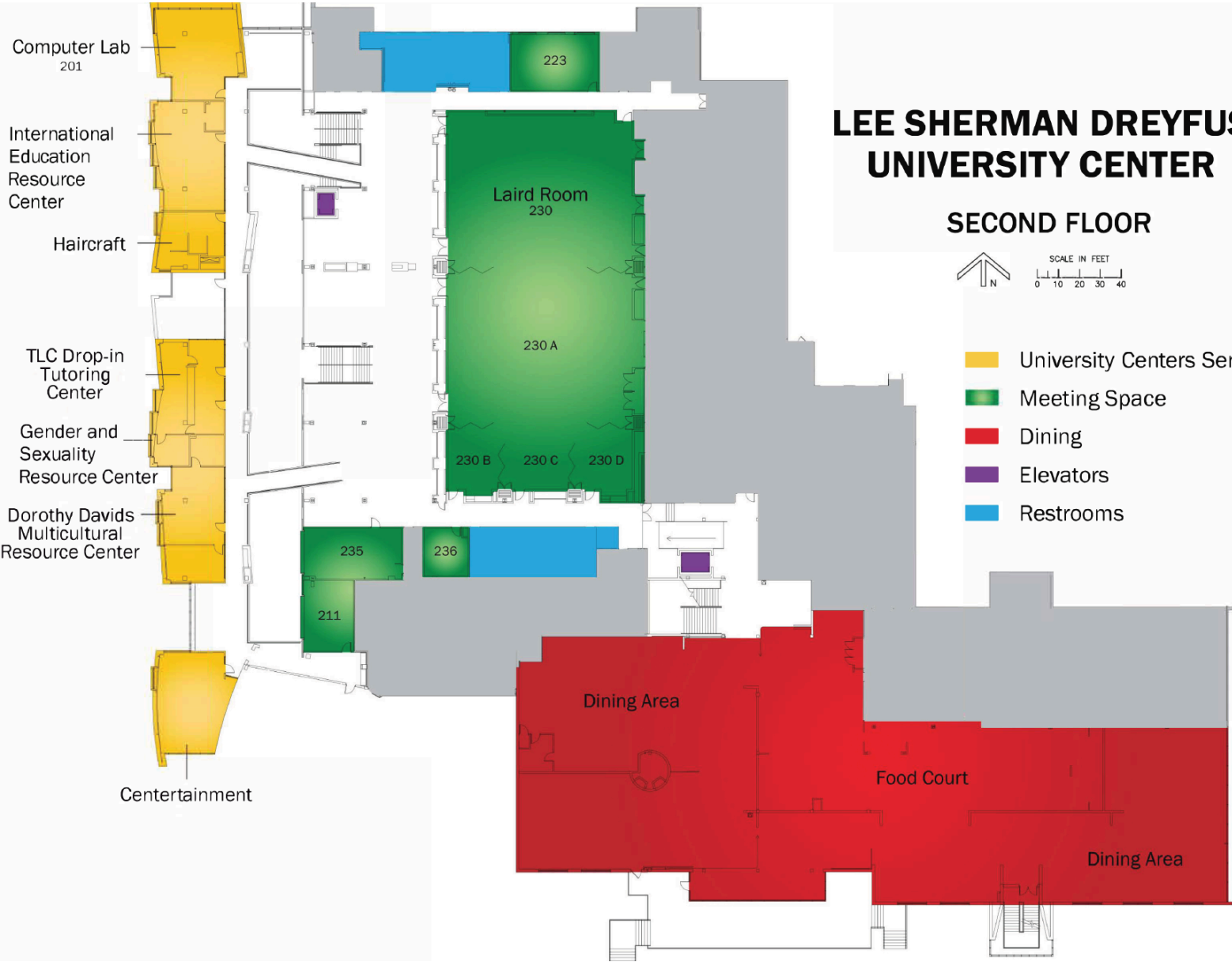
<b>8:00-8:30</b>	<b>Check-In / Resource Tables</b>
<b>8:30-8:45</b>	<b>Welcoming with Jody Krainer/Andrea Garr</b>
<b>8:45-10:15</b>	<b>Dr. Natali Edmonds – Lighting the Way: Innovative Practices for Compassionate Dementia Care</b>
<b>10:15-10:30</b>	<b>Resource Break and Refreshments</b>
<b>10:30-11:30</b>	<b>Morning Workshops</b>
<b>11:30-12:15</b>	<b>Lunch</b>
<b>11:45 -12:15</b>	<b>The Power of Music with Cathy Reitz</b>
<b>12:15-1:15</b>	<b>The Journey I Hadn't Planned: Panel of Individuals Living with MCI and Dementia</b>
<b>1:15-1:30</b>	<b>Resource Break</b>
<b>1:30-2:30</b>	<b>Afternoon Workshops</b>
<b>2:30-2:45</b>	<b>Resource Break and Refreshments</b>
<b>2:45-3:45</b>	<b>Sheri Fairman - Fitting the Pieces Together</b>
<b>3:45-4:00</b>	<b>Closing</b>

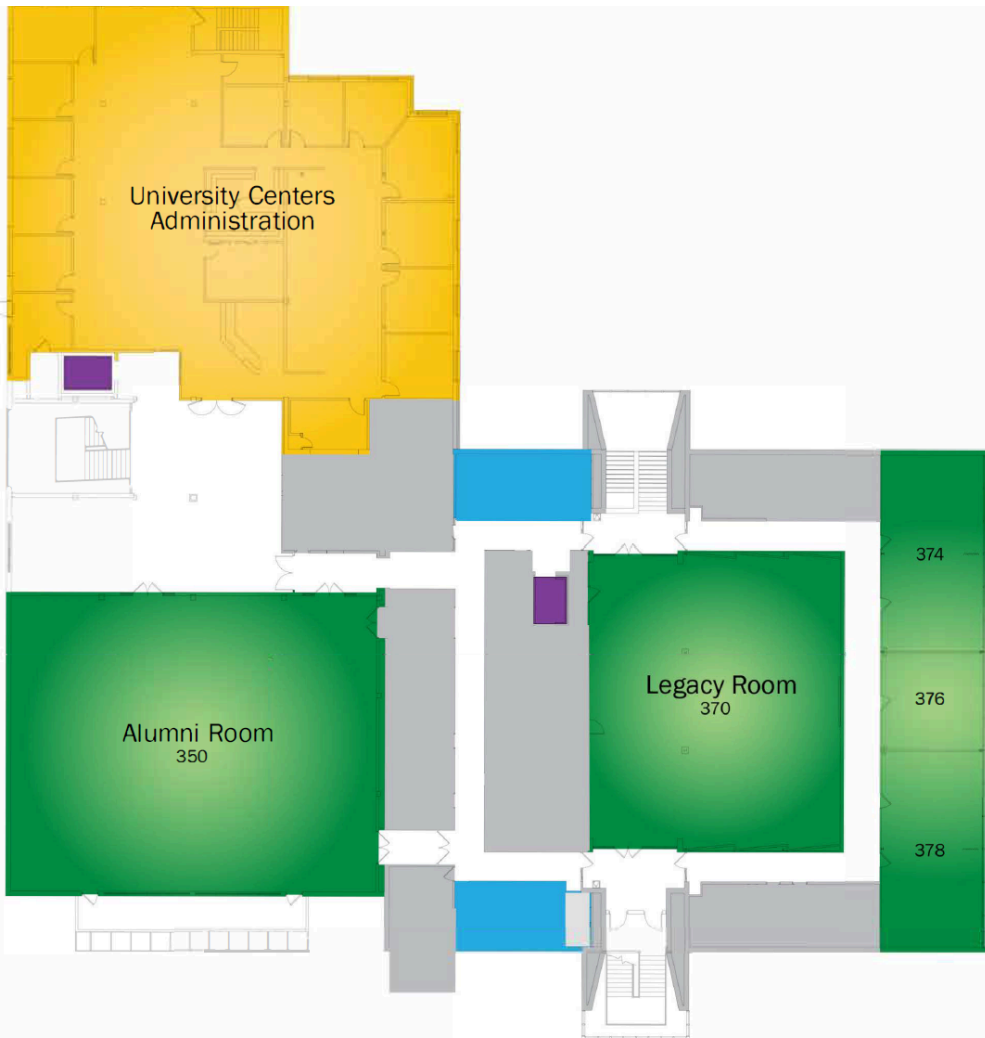
# LEE SHERMAN DREYFUS UNIVERSITY CENTER

## SECOND FLOOR



- University Centers Services
- Meeting Space
- Dining
- Elevators
- Restrooms





# LEE SHERMAN DREYFUS UNIVERSITY CENTER

## THIRD FLOOR



SCALE IN FEET  
0 10 20 30 40

- University Centers Services
- Meeting Space
- Dining
- Elevators
- Restrooms

# KEYNOTE

## Lighting the Way: Innovative Practices for Compassionate Dementia Care

- Increase participants' understanding of the sources and impact of caregiver stress and practical strategies for reducing caregiver stress while caregiving.
- Equip participants with practical behavioral approaches and communication strategies to reduce stress and enhance the caregiving experience for both the caregiver and the person with dementia.
- Provide participants with strategies for promoting acceptance of help and care by individuals with dementia, thereby improving the quality of care provided and the overall well-being of both the caregiver and the person with dementia

## Dr. Natali Edmonds

Natali Edmonds is the host of the #1 Dementia Training channel on YouTube- Careblazers TV. Her free training videos have been viewed over 15 million times worldwide with new videos being released to the public every week. Her Dementia Careblazer Survival Guide has been downloaded over 70,000 times and is currently in use at the Department of Veteran's Affairs Caregiver Support

Program. With her background as a geropsychologist working for a large hospital system, she started recording videos and sharing information online as a way to help patients and families beyond the short hospital/clinic visits. It's her mission for any dementia caregiver in the world to have instant access to trustworthy information and support through her online teachings.

Her company, Dementia Careblazers was named the 2022 caregiving organization of the year by Care.com. She currently serves as a medical reviewer for national publications and has been a featured expert on local and national news.





# KEYNOTE

## Fitting the Pieces Together:

It's easy to get caught up and overwhelmed in the day-to-day challenges of life. Like the pieces of a puzzle, we work one piece at a time. It's important not to lose sight of the bigger picture though. By keeping our eyes on the overall purpose, gathering the right tools and collecting enough support, we can find motivation and inspiration to feel fulfilled and most importantly, THRIVE. These puzzle pieces we've gathered today, let's start putting them together.

## Sheri Fairman

Sheri Fairman has a Master's degree in Social work with over 14 years of experience working with the elderly and their care partners. She is a Certified Independent Champion Teacher, Trainer, Consultant and Coach with Teepa Snow's Positive Approach to Care and works as a Mentor on her team. Fairman is the owner of Dementia Care Solutions and provides consulting, coaching, training, and presentation services specific to quality dementia care. Sheri has developed an approach to dementia care called the Fish Approach. This is a communication focused approach to dementia care allowing care partners to identify their own verbal interactions and how to make a shift to better support people living with dementia.








# NOT SURE WHAT TO ATTEND?








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## Color Key:







	Open to Those Who Are Living with MCI or Dementia Only
	Introductory Session
	Experienced Session
	Creative Sessions

## MORNING WORKSHOPS 10:30-11:30

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A1	 Using Meditation to Live better with Cognitive Decline	Room 223 Second Floor
A2	  It's a Party and Everyone's Invited: Exploring Creativity Through Poetry	Room 374 Third Floor
A3	  Caregiver Panel	Room 370 (Legacy Room) Third Floor
A4	  Awake All the Senses: Sensory Engagement through Art, Music, Movement, Poetry and More	Room 378 Third Floor

# AFTERNOON WORKSHOPS 1:30-2:30

B1	 Tips, Tricks, and Work-Arounds	Room 223 Second Floor
B2	  Skys of Wonder: SPARK! Program	Room 378 Third Floor
B3	 Knowledge is Power: Confronting Mild Cognitive Impairment and Why It Matters	Room 370 (Legacy Room) Third Floor
B4	  Filling our Toolbox: Assessing and Addressing Behavioral Expressions in Dementia	Room 374 Third Floor

## WORKSHOP DESCRIPTIONS

### **A1 Using Meditation to live better with Cognitive Decline (Second floor, Room 223)**

Learn about meditation as we discuss its benefits for people with cognitive decline. Experience a few guided meditation practices, which are accessible to everyone. Questions will be addressed as to how to begin a meditation practice and integrate this supportive practice into your daily life. Handouts available to support a continued meditation practice at home.

Presenters, Sheri Lowe and Sharon Lukert are both meditators and have led meditation groups for many years and are now living with cognitive decline.

# WORKSHOP DESCRIPTIONS

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## **A2 It's a Party and Everyone's Invited: Exploring Creativity Through Poetry (Third floor, Room 374)**

Chicago based poet Gary Glazner will lead a Poetry Party. We will perform well-loved classic poems and create our own original poem on a theme the group chooses. NBC's "Today" show, PBS NewsHour and NPR's "All Things Considered" have featured segments on Glazner's work.

## **A3 Taking A Different Route- A Panel of Caregivers (Third floor, Legacy Room 370)**

We are all on a journey from point A to point B. How we get there from those two points is unique to each of us. When dementia enters the situation, traditional routes may not be our best route. Learn from expert family caregivers what success means to them and how they were able to find success. As caregivers we must make sure we are taking care of ourselves as much as the person we are helping. Find out how they are making life meaningful and purposeful for their loved one and themselves. When we can be open to change, the possibilities become endless.

This panel is moderated by Jody Krainer, MSW, LCSW, MBA from the Wisconsin Alzheimer's Institute.

# WORKSHOP DESCRIPTIONS

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## **A4 Awake All the Senses: Sensory Engagement through Art, Music, Movement, Poetry and More (Third floor, Room 378)**

Tricia Blasko, Racine Art Museum and co-founder of SPARK! A Creative Engagement Program for People with Memory Loss and their Care Families.

Learn the art of engagement by using all the senses. This loaded session will walk you through an accelerated SPARK! program. Using visual art as the catalyst, explore exciting key elements to activate the senses and evoke a creative response. Imagination is crucial to the aging process, and an important part of our journey. By the end of the session, you will have a bag of tricks that can be taken and adapted in multiple ways – for groups or individuals—and can be tailored to any cultural organization. What do you need to bring? Only your imagination!

# LUNCH PROGRAM

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## **The Power of Music**

Stand in the Light Memory Choir uses the power of singing to move people with early to mid-stages of memory loss and their care partners to rediscover themselves, make friends, laugh together, and contribute to their community.

“We sing old and new songs, learn vocal technique and ensemble skills and share musical memories together. No vocal experience is required, just a love of singing! Since 2016, we welcome any person with memory loss or dementia who wants to make good music and good friends!”

-Cathy Reitz

## **The Journey I Hadn't Planned: Panel of Individuals Living with Mild Cognitive Impairment and Dementia**

This expert panel is made up of individuals living with MCI and dementia. Each panelist will share how they find hope and light in the challenges they face. Learn beneficial things they have done to live well with dementia and MCI and provide meaning and purpose. This panel is moderated by Bonnie Nuttkinson from the Wisconsin Alzheimer's Disease Research Center

# WORKSHOP DESCRIPTIONS

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## **B1 Tips, Tricks, and Work-Arounds round table (Second floor, Room 223)**

This session is a round table discussion for people living with MCI and Dementia to share what is working for them and get ideas from other participants who have had similar challenges. When something does not work like it used to, we need to establish a different plan for success to be possible. There is always more than one way to solve a problem. When we can put tools in place that creates success, we beat dementia.

Round table facilitated by Gary Schmidt

## **B2 SPARK: Skies of Wonder (Third floor, Room 378)**

August skies are both beautiful and musical. Daylight slowly decreases after the high of the June Solstice, and twilight occurrences in nature reap a bountiful reward. Frogs at the pond continue their summer trilling calls; birds young and old begin to test out their wings in anticipation of the coming fall migration, while bats dart through the air in search of night flying insects. During our session, we'll learn about these late-summer natural phenomena plus how to simply enjoy and interpret them. And did you know that the Dog Days of Summer have an astronomical reason for their name? We'll find out why – and share some handy tips for night sky viewing. This program will take you from the Earth to the sky and considerably beyond.

Presented by Tom Finley and Shelly Rollins.



# WORKSHOP DESCRIPTIONS

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## **B3 Understanding Mild Cognitive Impairment: From Diagnosis to Daily Life (Third floor, Legacy Room 370)**

More than 80% of Americans know little or are not familiar with Mild Cognitive Impairment (MCI), which can be an early stage of Alzheimer's disease. About one-third of people living with MCI due to Alzheimer's disease go on to develop dementia within five years. This session will provide information to attendees on MCI, the importance of early diagnosis and treatment, tools to assist in developing a chronic disease management plan and how to connect individuals to resources and support so they can continue to live their best lives.

Presented by Jennifer McAlister.

## **B4 Filling Your Toolbox: (Third floor, Room 374)**

**Assessing and Addressing Behavioral Expressions in Dementia Care**  
In the US, 11 million unpaid caregivers provide an estimated \$256 billion dollars worth of care to people living with dementia and many of these caregivers report substantial emotional, financial and physical difficulties. Possessing a sense of caregiver mastery, however, has been found to lessen not only the caregiver's depression and feelings of being overwhelmed but also the anxiety experienced by the people for whom they are caring. This presentation will focus on increasing the sense of caregiver mastery felt by those caring for people living with dementia via strategies they can use to assess and address the behavioral expressions/communications of their care recipient.

Dr. Schroepfer is a professor at the University of Wisconsin-Madison School of Social Work.

# DEMENTIA CARE SPECIALISTS

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## What do Demantia Care Specialists do?

Dementia care specialists provide:

- Free information and support to adults with dementia and their caregivers.
  - Independence. Dementia care specialists can help connect you with things to do in your community so you can stay involved.
  - Memory screenings. Dementia care specialists can perform memory screenings. These are tools to help identify changes to memory and cognition. If the screening shows memory loss, a specialist may refer you to a doctor.
  - Social opportunities. Dementia care specialists can help you find social activities, such as those involving music and art.
  - Care planning assistance. Dementia care specialists can help you with where you are now—and help you plan for the future.
  - Support group connection. Dementia care specialists can connect you with caregiver support groups where you live.
- Help creating places where people with dementia can remain active and safe.
  - Memory cafés. Dementia care specialists form and support meeting places for those with memory loss and their caregivers. These cafés let people share experiences and connect.
  - Dementia-friendly businesses. Dementia care specialists train businesses to better understand how to support customers with dementia.
  - Coalitions. Dementia care specialists support community groups focused to dementia initiatives.

**Where to find Dementia Care Specialists: Aging and Disability Resource Centers (ADRC)**

<https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

# EXHIBITORS



# SPONSORS

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# CONTRIBUTORS

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**Clark County**

**Aggie's Country Living**