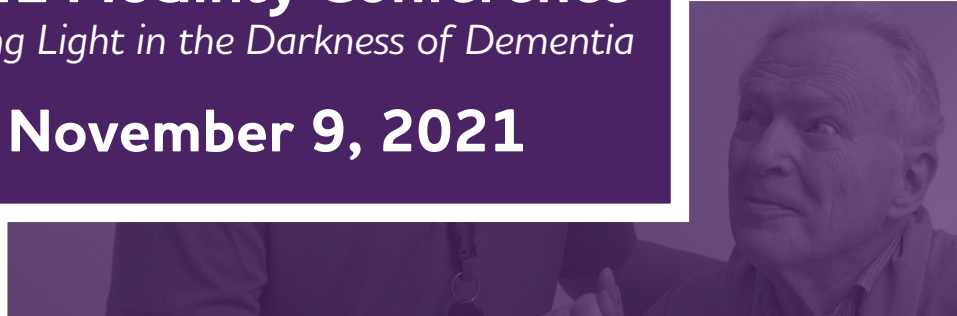




2021 McGinty Conference

Finding Light in the Darkness of Dementia

November 9, 2021



2021 BREAKOUT SESSION GUIDE



Scan here or register online at bit.ly/McGinty21



RESEARCH ADVANCES IN ALZHEIMER'S AND ALL DEMENTIA

Claire Sexton, DPhil,
Director of Scientific Programs & Outreach,
Alzheimer's Association

As an expert in the field, Dr. Sexton delivers presentations to audiences around the country on the Association's role in scientific advancements and the overall state of Alzheimer's and dementia research.



2021 SPONSORS



NOVEMBER 9, 2021 | VIRTUAL CONFERENCE

RESEARCH ADVANCES IN ALZHEIMER'S AND ALL DEMENTIA | 8:30-9:30 A.M.

Claire Sexton, DPhil, Director of Scientific Programs & Outreach, Alzheimer's Association

ALZHEIMER'S ASSOCIATION BOARD MEETING (INVITE ONLY) | 9:45-11:15 A.M.

BREAKOUT SESSION A — 9:45-11:15 A.M.

Male Caregivers:

How to Survive

Jason Mott, Ph.D., R.N.

More men are taking on the role of caregiver for their spouse or family member. Oftentimes, men haven't had the experience growing up to be in the caregiving role. This presentation will examine what the research shows about how men provide care. It will also give tips to help men in the role be successful.

Safe Medication

Linda Bifano, DNP, MPA,
R.N.

During this webinar, a Registered Nurse will highlight the benefits and importance of identifying personal health goals and scheduling regular medication reviews with your doctors and pharmacist. You'll learn about the risks of overprescribing and the important questions to ask to advocate for yourself and your loved one's healthcare goals.

Understanding Alzheimer's and Dementia; New Advances in Alzheimer's Treatment

Kelly Kalkofen

Understanding Alzheimer's and Dementia: Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

New Advances in Alzheimer's Treatment: You may have heard in the news recently about a new Alzheimer's treatment. This program will provide you with information about that and all treatments for Alzheimer's disease.

Learning Objectives:

- List FDA-approved treatments
- Explain the impact of adacanumab on amyloid beta plaques in the brain, its potential benefits and side effects
- Explain the pathways to access treatment

Take Care of You:

Self-Massage, Guided Meditation, and Qi Gong Practice

Sheridan Horning, LAc

As a caregiver, you deserve to take time for yourself, not only to recharge so you can get back to helping, but simply to be present with and kind to yourself. This session will guide you through a relaxing and invigorating self-massage routine, followed by explanations of the techniques, and then a guided meditation. These methods are components of Qi Gong, the practice of meditative movement for cultivation of health and well-being.

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BREAK | 11:15 A.M.-12:45 P.M.

Visit virtual exhibitor and sponsor “booths” to participate in our virtual passport content. Connect with other conference participants in the “Community” chat tab.

EXCLUSIVE ALOIS SOCIETY MEETING (INVITE ONLY) | 12:45-2:15 P.M.

BREAKOUT SESSION B — 12:45-2:15 P.M.

Understanding Communication Through Behaviors

Allison Lindauer, Ph.D.,
APRN

All of us communicate through our behavior. How does dementia affect this communication? This talk discusses ways to understand and address behaviors that can upset family balance.

Social Isolation Clay Foutch

Social isolation and loneliness pose a serious public health risk for older adults. In recent studies these health risks have been compared to risks created by smoking, physical inactivity, and obesity. In this session we'll explore ways to combat social isolation for you, the caregiver, and the person you are caring for.

Legal & Financial Planning for Alzheimer's Disease Garvin Reiter

The diagnosis of Alzheimer's makes planning for the future more important than ever. Through this interactive two-part program, you will learn about important legal and financial issues, how to put plans in place, and how to access resources near you.

Bear Cubs, Mice and Rogue TV Anchors: Dealing with Hallucinations and Delusions in LBD Kathy Teyler Jarret

While caring for my husband with Lewy Body Dementia (LBD), I had to learn creative and out-of-the-box methods for dealing with his persistent and sometimes terrifying or angering hallucinations and delusions. I used my creativity and experimented with ways to get rid of animal hallucinations, delusions about money and TV anchors talking to him directly and more. I used the DICE method of problem solving and sometimes crazy ideas to help him cope.

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BREAKOUT SESSION C — 2:30-4 P.M.

**Honoring Our History,
Owning Our Health:
Facing Our Future
with Resiliency &
Connectedness**

Raina Croff, Ph.D.

Drawing inspiration from Black history, Dr. Croff talks about the necessity of self-care and connection for caregiver health. She will also share about the SHARP walking study that blends social connection, oral history, and neighborhood walking for healthier aging.

**How to be an Effective
LGBTQ+ Advocate and Ally
as a Caregiver**

Stacey Rice

LGBTQ+ people face many barriers when they access medical, social and mental health services. The discrimination that members of this community face in these settings, due to their gender identity and/or sexual orientation, have deep profound effects especially when it comes to mental and psychological health. And it is common. A recent survey of LGBTQ+ older adults in Oregon found that 56% of the participants had experienced discrimination within the last year just due to who they are.

In this workshop you will gain knowledge about the LGBTQ+ community, the disparities and issues this community faces, terminology, the importance of pronouns, the difference between gender identity and sexual orientation, and what it means to provide support as a caregiver to a member of the LGBTQ+ community.

**Effective Communication
Strategies**

Janis Jasinsky

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

All breakout sessions will be recorded and available for viewing for up to six months following event day.