

# CAREGIVERS CONFERENCE

Grow with the Flow: Learn, Adapt, and Thrive

## LEARN

### Free Virtual Conference

Sessions will be held daily, Nov 9-13, from 10:00 am to 12:00 pm.

### Register online at <https://nvdcc.com>

Registration will open on September 15th. This conference sells out quickly. Reserve your spot today!

## ADAPT

If you require an accommodation to participate, please indicate this in your registration or call 703-270-0043.

Interested in exhibiting in our virtual exhibit hall?  
Email [nvdcc1@gmail.com](mailto:nvdcc1@gmail.com) for more information.

**For more information about the conference, please call Lindsey Vajpeyi at 703-270-0043.**

## THRIVE

### Who Should Attend

- Family caregivers
- Volunteers working with older adults
- Professionals in aging and related services

### Why Attend

- To be better prepared to provide care and support at home or in a facility.
- To learn new ways to engage individuals with dementia.
- Visit with exhibitors who offer supportive services.
- Connect with other caregivers.
- Earn Continuing Education Units (CEUs) from George Mason University's Office of Continuing Education. (additional fee)

Please join us for our conference for family and professional caregivers.

707 East Main Street, Suite 910  
Richmond, VA 23219



NORTHERN VIRGINIA  
dementia care  
consortium



## GROW WITH THE FLOW

34th Annual Caregivers Conference

**NOVEMBER 9-13, 2020**

Virtual Sessions 10:00 am to 12:00 pm daily



AARP Virginia  
Arlington Aging and Disability Services  
Alzheimer's Association  
City of Alexandria Area Agency on Aging  
ElderLink  
Fairfax Area Agency on Aging  
Fairfax County Health Department  
Goodwin House Incorporated  
GraceFul Care, Inc.  
Inova Parkinson's and Movement Disorders Center  
Insight Memory Care Center  
Loudoun County Area Agency on Aging

MAJOR SUPPORT PROVIDED BY



CONFERENCE SCHEDULE

DAY ONE | MONDAY, NOVEMBER 9

**Connected Caring: Optimizing Engagement and Well-being**  
*Various Activity and Recreation Professionals*

Activity programming experts from across the region will share ideas and strategies on how we can stay engaged and connected with our loved ones through various mental and physical activities. This session will also focus on the importance of self-care and provide strategies and tips for keeping yourself grounded and well during challenging times.

DAY TWO | TUESDAY, NOVEMBER 10

**Caregiving Lessons: Learning, Coping, and Surviving**  
*Former Wisconsin Gov. Martin J. Schreiber, author, My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*

Former governor of Wisconsin Marty Schreiber has seen his beloved wife, Elaine, gradually transform from the woman who had gracefully entertained in the Executive Residence to one who sometimes no longer recognizes him as her husband. Marty candidly counsels those taking on this caregiving role. Marty offers sage advice that respects the one with Alzheimer's while maintaining the caregiver's health. As two-thirds of those with Alzheimer's are women, he offers special guidance for men thrust into an unexpected job. With patience, adaptability, and even a sense of humor, Marty shows how love continues for his Second Elaine.

**Advancing the Science: Alzheimer's and Dementia Research**  
*Ana Nelson, Vice President of Programs & Services, Alzheimer's Association National Capital Area Chapter*

Ana Nelson will give an overview of the Alzheimer's disease landscape in the U.S. As the sixth leading cause of death, we need more research to find a way to prevent the disease. Ana will also highlight tools that are being created for early detection and diagnosis of Alzheimer's disease and other related disorders. She will cover some of the latest advancements in clinical trials, treatments and lifestyle interventions currently under investigation. Ana will highlight some of the many memorable takeaways from the 2020 Alzheimer's Association International Conference. The AAIC conference is the world's largest international gathering of researchers focused entirely on Alzheimer's and other dementias.

DAY THREE | WEDNESDAY, NOVEMBER 11

**If Not Alzheimer's Disease, What Is It? Getting a Diagnosis and Care**  
*Chiadi U. Onyike, M.B.B.S., M.D., Director, Frontotemporal Dementia and Young-Onset Dementias Program, Co-Director, Lewy Body Disease Research Center of Excellence, Associate Professor of Psychiatry and Behavioral Sciences, Johns Hopkins Medicine*

Dr. Chiadi Onyike aims to increase awareness of Frontotemporal Dementia and Young-Onset—often wrongly diagnosed as Alzheimer's. Up to 20 percent of middle-aged patients who seek help have some form of frontotemporal dementia (FTD). FTD covers up to seven fatal diseases all marked by dementia and atrophy of the brain's frontal and/or anterior temporal lobes. The illnesses can affect behavior by causing what Dr. Onyike calls "a history of social miscues and misdemeanors:" (Uncle George's wanting to wear sweatpants to work seems odd, but his rude remarks, his repeated hair-combing and overblown jolliness cross the line.)

DAY FOUR | THURSDAY, NOVEMBER 12

**Caregiving at a Glance: Hints, Tips, and Aha's**  
*Brigid Reynolds, RN, MSN, NP, Georgetown Memory Disorders Program  
Carol Blackwell, Memory Café 4U  
Lindsey Vajpeyi, Insight Memory Care Center*

The Caregiving at a Glance guidebook compiles helpful hints and "aha's" we have heard from families at Insight Memory Care Center. While each individual's dementia journey is unique, using these techniques can empower you as a caregiver. Hear from a panel of experts as they share helpful hints and "aha's," including communication tips, safety precautions, activities and routines, and how to take care of yourself as a caregiver. Let us help you gain confidence and ease the burden as you walk alongside your loved one on their dementia journey.

DAY FIVE | FRIDAY, NOVEMBER 13

**The Presence of Mind to Grow with the Flow: Making the Most of Every Situation**  
*Ron Culberson, MSW, CSP, CPAE, Speaker, Author, and Humorist*

We spend the bulk of our lives in our heads rather than immersed in each moment. Focusing on the reality in front of us we are better able to respond appropriately. This funny presentation will show participants how to make the most of each situation to be more fulfilled, connect with others more effectively, and make life and work more enjoyable.

LEARN MORE AT [NVDCC.COM](http://NVDCC.COM)