



Presenting Sponsors:



**THE DEMENTIA TOOLBOX:
Understanding Dementia & Strategies for Care**

ANNUAL DEMENTIA EDUCATION CONFERENCE

November 9, 2023/ 9:00am – 3:15pm

Peppers Grill / 791 Madison Road, Culpeper, VA

Brought to you by the Piedmont Dementia Education Committee

AGENDA (as of 10/19/23; subject to change)

8:00am	Check-In / Visit Community Resources Tables
9:00am	Welcome – Ellen Phipps, Executive Director, Aging Together George Worthington, State Dementia Coordinator, DARS
9:05am	Healthy Steps Bonnie Vermillion; CDSME Regional Coordinator, Encompass Community Supports
9:20am	Keynote Message – Dr. Paul Aravich, Ph.D. / Eastern Virginia Medical School Alzheimer's and Other Dementias: Prevention and Challenging Behaviors
10:30am	Break / Visit Community Resources Tables
10:45am	Sonya Barsness, MS, Gerontologist Changing OUR Behavior: Understanding Dementia from a Person-Centered Perspective <i>Sometimes we talk about changing the behavior of the person with dementia, but we actually need to change OUR behavior, as people who care for people with dementia. Changing our behavior starts with understanding dementia from a person-centered perspective, seeing how a person might be experiencing the world differently as they live with dementia, and finding ways to respond to a person with dementia that honors who they are and what they are telling us they need.</i>
12:00pm	Lunch / Visit Community Resource Tables
12:45pm	Bobby Z Boxing for Parkinson's
1:00pm	Loy Anne Campbell, MS, OTR/L Dining with Dignity <i>In this session, we will explore the joys and challenges of dining while living with dementia. Through understanding a changing brain and implementing new skills, we will learn how to assist people living with dementia to dine with dignity.</i>

2:00pm	<p style="text-align: center;">Mark Brown, Marie Clonts, Liesa Dodson A Model for Caregiver Support</p> <p><i>We believe that no caregiver should walk through their caregiving journey alone. While every caregiver's needs are different, we know that every caregiver can benefit from a supportive community, including visits, events, and classes.</i></p>
1:45pm	<p style="text-align: center;">Break / Visit Community Resources Tables</p>
2:30pm	<p style="text-align: center;">Sarah Russell, FNP The Role of Nutrition in Brain Health</p> <p><i>Nutrition plays a crucial role in maintaining optimal brain health. The brain is a highly complex organ that requires a constant supply of nutrients to function properly. The food we consume provides essential substances that support brain function and protect it from damage.</i></p>
3:15pm	<p style="text-align: center;">Marie Clonts, LPTA, Cornerstone Cares Ministry Thai Chi with Marie</p>
3:30pm	<p style="text-align: center;">Adjourn</p>