

# Webinars, Seminars, Conferences & Classes for Caregivers and Professionals

Updated August 2022

- Upcoming Presentations
- Ongoing and On-Demand Presentations

## Upcoming Presentations

### **Why Do They Do That? Managing Common Challenging Dementia-Related Behaviors**

Thursday, August 4, 10:00 AM – 11:15 PM CT

Featuring Guest Speaker Tam Cummings, Ph.D., Gerontologist, Author, *Untangling Alzheimer's: The Guide for Families and Professionals*

Dr. Tam Cummings will discuss common behaviors witnessed by dementia family caregivers including:

- Cursing
- Movement changes
- Hunting and gathering
- Accusations of theft
- Taking away the car keys
- Sundowning
- Bathroom issues, including toileting and bathing
- Bedtime issues
- And more

We will also review the five senses which addresses changes leading to potentially dangerous or annoying behaviors. Stress relief tips will be shared, and handouts will include materials to self-measure caregiver stress and self-compassion.

Questions can be directed to: [VirtualSeminars@arden-courts.org](mailto:VirtualSeminars@arden-courts.org)

[Register Here.](#)

[Arden Courts – Promedica Memory Care](#)

## **Navigating Late Stages of Dementia for Caregivers**

Thursday, August 4, 2022, Noon - 4:15 PM CT

FREE learning opportunity for providers, healthcare professionals and caregivers.

12:00-2:15 PM - Living with Alzheimer's for Caregivers: Late Stage

2:30-3:00 PM - Managing End of Life Care for Patients with Dementia

3:05-3:35 PM - Compassionate Care for those with Dementia

3:40-4:15 PM - Panel Discussion

Upon completion of this program, the learner will be able to:

1. Explain the concept of self in the late stage of Alzheimer's disease.
2. Describe effective ways to communicate, connect with and provide daily care in the late stage.
3. Define late stage care options and how to access them.
4. Describe differences between palliative care and hospice.
5. Explain the different aspects of hospice, meaningful activity and the end-of-life experience.

[Register Here](#) or call 1-800-272-3900. Registration is required

This project is supported by funding through the North Dakota Department of Human Services, Aging Services Division.

## **What Do I Need to Know About Hospice from Lakeview Hospice?**

Tuesday, August 16, 2022, 2:00 – 3:30 pm CT

Guest Speaker: Lisa Schiemann, LGSW with Lakeview Hospice

Focus: The topic of hospice benefits, including how it is paid, what supports are available, and how to access the support will be discussed. Bring your questions! Sessions will include resources to take home.

Free - Register or learn more by contacting Sarah Gavin at (651) 789-4004 or email [sgavin@familymeans.org](mailto:sgavin@familymeans.org)

[FamilyMeans](#)

## **Powerful Tools for Caregivers**

6 Mondays, August 22 – September 26, 10:00 AM to 11:30 AM CT

Powerful Tools for Caregivers® helps family and friends caring for older adults with long-term health conditions develop the skills and confidence to better care for themselves while caring for others. The weekly topics range from reducing your stress to communicating in challenging situation and mastering caregiving decisions.

Class Leaders: Danielle Hawkinson, Dee Moris

[Register Here](#)

Meetings are via Zoom. There is no fee for this workshop

Please contact Danielle with any questions. 218-999-9233 extension 282 or email [danielle@eldercircle.org](mailto:danielle@eldercircle.org).

[Juniper](#)

## **Talking to Teens and Young Adults About Dementia**

Thursday, September 1, 10:00 - 11:15 AM CT

Featuring Guest Speaker Tam Cummings, Ph.D., Gerontologist, Author, *Untangling Alzheimer's: The Guide for Families and Professionals*

Discussing grief and guilt and fear among teenagers and young adults can be a difficult conversation, especially when it relates to dementia. For some, the Person with Dementia is a grandparent, but for many others, it is a parent. Few will find support among their peers. Fewer will understand what is happening to their loved one. Being frank and open is a start, but also recognizing who the Person with Dementia was to the teenager or young adult and the relationship dynamic that is impacted by the disease.

Questions can be directed to: [VirtualSeminars@arden-courts.org](mailto:VirtualSeminars@arden-courts.org)

[Register Here](#)

[Arden Courts – Promedica Memory Care](#)

## **Moving Forward: 2022 Dementia Friendly Communities Summit**

Thursday, Sept. 29. 9:00 - 3:30 PM CT - hybrid format

Are you a part of the movement to make our communities more dementia friendly? Are you a person living with dementia or a care partner? A member of an ACT on Alzheimer's action community, a Dementia Friends champion or a community organizer for The Remember Project? Are you a community member who wants to get involved?

This Summit is for you!

The Summit will have two parts:

- 9:00 a.m. - 12:30 p.m. - Engage with a keynote speaker and other presenters; get community updates and participate in small group discussions.
- 1:30 to 3:30 p.m. see the world premiere of The Remember Project play. "Mango Songs," and participate in a community discussion about the themes in the play.

Registration opens soon. Sign up for the ACT on Alzheimer's email list to get notifications

[ACT on Alzheimer's / Trellis](#)

## **Powerful Tools for Caregivers**

6 Fridays, October 7 – November 11, 10:00AM – 12:00 PM CT

Join other caregivers for this popular, free in-person 6-week class offered in a small-group setting. You'll gain knowledge and self-care tools to help you take care of yourself, while caring for the ones you love. You'll learn tips to reduce stress, improve self-confidence, manage time, better communicate feelings, and make tough decisions.

The workshop includes the workbook and is free of charge.

In person meetings at Normandale Lutheran Church in Room 209.  
6100 Normandale Rd 2nd floor, Edina, MN 55436

[Register Here](#)

Or Email: [info@normandalecenter.org](mailto:info@normandalecenter.org)

Phone: 952-977-9365

[Normandale Center for Healing & Wholeness](#)

## Ongoing and On-Demand Presentations

### **AARP: Disrupt Dementia**

Sparking bold new solutions for the world's brain health crisis

[Dementia: Signs, Symptoms, Stages & Treatment](#)

### **Alzheimer's Association**

Missed a past episode of ALZ Talks? View previous ALZ Talks virtual webinars on the Alzheimer's Association's YouTube Channel.

[Watch Now](#)

### **Alzheimer's Association International Conference 2021 – Highlights**

[Conference Overview](#)

### **Alzheimer's Foundation of America**

[Alzheimer's Foundation Webinars](#)

### **Alzheimer's Foundation of America - Fireside Chats**

An eight-part educational and informational web series designed to raise awareness about Alzheimer's and related dementias, the symptoms associated with these diseases, healthcare disparities, and resources available to help. Each episode featured a topical discussion with AFA's President & CEO and an expert from AFA's Medical, Scientific, and Memory Screening Advisory Board.

All programs are free and open to family caregivers, professionals, clinicians, and anyone else who wants to learn more.

#### **Program topics/air dates**

Episode 1 (March 18, 2022): Neuropsychiatric Symptoms

Episode 2 (March 31, 2022): Agitation & Psychosis  
Episode 3 (April 12, 2022): Depression & Sleep Problems  
Episode 4 (April 27, 2022): Neuropsychiatric Systems: A Caregiver's Perspective  
Episode 5 (June 10, 2022): Cultural Disparities  
Episode 6 (June 23, 2022): Healthcare Disparities for Veterans  
Episode 7 (July 7, 2022): Healthcare Disparities for Women  
Episode 8 (July 22, 2022): Healthcare Disparities for the Elderly

View recordings of these episodes by [clicking here](#).

[AFA - Alzheimer's Foundation of America](#)

## **Alzheimer's Speaks**

A wealth of resources from and about people living with dementia.

Alzheimer's Speaks [Home Page](#)  
[Alzheimer's Speaks Radio](#)  
[Dementia Chats](#)  
[Dementia and the Arts](#)  
[Memory Cafes](#)  
[The Purple Angel Project](#)  
[Becoming Dementia Friendly](#)  
[Poetry & Articles](#)  
[Free Tools](#)  
[A Variety of Video Play Lists](#)  
[Dementia Map Global Resource Directory](#)

## **American Society on Aging**

[American Society of Aging Web Seminars](#)

## Arden Courts – Promedica Memory Care

[Virtual Events - Upcoming and Past Programs](#)

[The ABCs of Frontotemporal Dementias - Tam Cummings Webinar](#)

[The ABCs of Lewy Bodies and Parkinson's Disease Dementia – Tam Cummings Webinar](#)

[The ABCs of Dementias of the Alzheimer's Type – Tam Cummings Webinar](#)

[The ABCs of Vascular Dementia - Tam Cummings Webinar](#)

[Arden Courts – Promedica Memory Care](#)

## Behaviors: Awareness, Attitude, and Action

Dr. Daniel Kaufer Memorial Caregiver Conference  
Dementia Alliance of North Carolina

**Recordings from this conference are now available.**

For many caregivers, the most stressful part of the dementia journey is managing behavioral changes. This two-day conference focuses on awareness, attitude, and action to increase behavioral understanding and empower your response. While looking at behaviors through a Lewy Body dementia lens, this on-line conference will help anyone who is experiencing behavioral challenges in dementia care.

This caregiver conference took place on February 10 & 11, 2021 and featured Authors Helen and Jim Whitworth and Pat Snyder and Dr. Trey Bateman of the Wake Forest School of Medicine.

[Conference Playlist](#)

Note: The sessions are listed in reverse order on the Playlist. The correct order is:

1. Behavioral Symptoms in Dementia with Dr. Trey Bateman
2. Responsive Dementia Care: Fewer Behaviors, Fewer Drugs with Helen Whitworth
3. Your Attitude Can Change Your Story with Pat Snyder
4. Choosing Action with Helen Whitworth
5. Your Actions Can Change Your Story with Pat Snyder
6. Panel Discussion and Q&A with Dr. Trey Bateman, Helen Whitworth and Pat Snyder
7. Congratulations to Pat Snyder - Outstanding Service Award

## Caring for People with Memory Loss

University of Minnesota - School of Public Health

The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss.

Recordings of the 2022 conference held on June 4, 2022 and other conferences from previous years are available by selecting the Past Conferences option.

[Caring for People with Memory Loss](#)

## Dementia Alliance of North Carolina

[Educational Events Calendar](#)

## Dementia: Caring & Coping

### Dementia: Caring & Coping during the Pandemic - Second Series

These virtual events were presented by the **Roseville Alzheimer's & Dementia Community Action Team** in partnership with Lori La Bey's online show **Alzheimer's Speaks**. The series focuses on a variety of topics to help care partners and persons living with dementia. These presentations and interviews were broadcast on [Alzheimer's Speaks](#) with Lori La Bey on the fourth Wednesday of every month from April 28, 2021 to October 27, 2021. **They are now available on the [Series Two YouTube Playlist](#).**

#### Episode One

##### Dementia Research during the Pandemic - COVID and Cognition

William H. Frey II PhD, Senior Research Director - Center for Memory & Aging, HealthPartners Neuroscience Center

#### Episode Two

##### What's your Plan? Legal Considerations when Facing a Dementia Diagnosis

Leah Gilbert, J.D. Private practice attorney focusing on estate planning and elder law - Gilbert Legal, PLLC.

#### Episode Three

##### Dementia and Medical Care Decisions - Prepare your Family for What's Ahead

Deborah Day Laxson, Author of "The Gray Zone: When Life Support No Longer Supports Life" and "The Fog Zone: Navigating the Space After Your Diagnosis" and founder of the Health Care Agent Literacy Project



**Episode Four****The End of Life Journey**

Jeanne Bain, End of life navigator, dementia trainer and consultant. Jeanne is co-host of a podcast called "Death Unfiltered"

**Episode Five****Your Path to Peace of Mind While Caregiving**

Pat Samples, Author of "Daily Comforts for Caregivers" and "Self-Care for Caregivers, A Twelve Step Approach" and other books, and a champion for creative aging.

**Episode Six****Humor as a Tool for Caring & Coping**

Shannan Calcutt, Comedian, actor, and workshop leader, clown, comic act designer and acting coach with Cirque du Soleil in Las Vegas.

**Episode Seven****Ambiguous Loss in a Time of Pandemic**

Pauline Boss, Ph.D., Author of "Loving Someone with Dementia" & "Ambiguous Loss" & "The Myth of Closure: Ambiguous Loss in a Time of Pandemic"

**Dementia: Caring & Coping during the Pandemic - First Series**

The first series of **Dementia: Caring & Coping during the Pandemic** presentations highlighted how organizations modified their programs and services for people living with dementia and their care partners due to COVID-19 and the creative ways that various organizations continued to provide services despite the challenges of [Series One YouTube Playlist](#).

**Dementia: Caring & Coping during the Pandemic** is sponsored by Alzheimer's Speaks and Roseville Alzheimer's & Dementia Community Action Team, the City of Roseville, and the Ramsey County Library system.

**We give special thanks to the Friends of the Ramsey County Libraries for their support.**

## **The Experience of Persons with Dementia in the Criminal Legal System**

Final Report May 2022

American Bar Association Commission on Law and Aging in collaboration with NASMHPD Research Institute and The University of Virginia and Faculty from The University of Michigan

With funding from the RRF Foundation and in collaboration with the University of Virginia, the University of Michigan, the National Research Institute, University of South Carolina, and the Penn Memory Center, we have spent the last 18 months looking at the big picture of persons with dementia and the criminal legal system using the “sequential intercept model” that examines interaction along the process of the criminal legal system from first contact to long term corrections.

Read the report [here](#).

## **GCBH Behavior Change Webinar Series**

The Global Council on Brain Health (GCBH) hosted a summer webinar series exploring the area of behavior change as it relates to brain-healthy lifestyles. This series of four webinars focused on the science of behavior change including brain health communication and promotion, lessons learned from implementing other public and brain health campaigns and initiatives, neuroeconomics, overcoming barriers to change and brain health equity. The webinars featured invited experts participating in a presentation/roundtable format with questions from the GCBH, moderated by GCBH staff.

Webinar 1: Communicating and Promoting Brain Health Behavior Change

Webinar 2: Implementing Brain Health Behavior Change – Lessons Learned

Webinar 3: Health Economics and Brain Health Behavior Change

Webinar 4: Barriers to Implementing Brain Health Behavior Change and Building Equity

[Watch replays](#) of this series exploring the science of behavior change and brain health.

## **Insights from Arthurs**

Deb Nygaard, Director of Development at Arthur’s Residential Care, narrates short one-to-three-minute videos that give some insightful tips on how you can interact more successfully with your loved ones who have dementia or Alzheimer’s. 29 short videos provide information and resolutions for particular dementia behaviors.

[Insights from Arthurs](#)

## Mayo Clinic Conference on Brain Health & Dementia

The Rochester Mayo Clinic Conference on Brain Health & Dementia was hosted virtually on Friday, October 29th in collaboration with AARP and the Alzheimer's Association. This conference was previously called **Meeting of the Minds** and was held annually at the Excel Center in St. Paul. Portions of the conference were recorded and are now available by [clicking this link](#). They are also available on the Mayo Clinic's Alzheimer's Disease Research Center's [Dementia Hub](#) which offers other resources you may find helpful, including videos about Lewy Body Dementia.

These are the sessions that were recorded:

- Opening Welcome
- Alzheimer's - The Truth About Where We've Been: A Vision to do Better
- Diverse & Underrepresented Populations: Addressing the Obstacles
- Brain Health & Dementia: The Science, the Research, and the Hope
- A Brighter Path Forward: The Community Answer
- HOPEFEST
- The Sights, the Sounds, and the Feels of Hope
- Reflections

## Medicare Basics

During the COVID-19 pandemic, the Metropolitan Area Agency on Aging is offering these presentations using the Zoom video platform. Check [here](#) for dates and free registration.

### Medicare 101: Selecting the Right Plan for You

Medicare can be complicated. We'll help demystify it and help you select the plan that works best for you. Learn about programs that could help you lessen your costs. You'll get non-biased advice; we don't sell, endorse or promote any insurance products.

### Medicare Updates for 2021

Learn about the changes in Medicare benefits and coverage for 2021, and how these changes affect you.

### How the Senior LinkAge Line Can Help You

You have questions about housing, services that help you live safely in your home, financial support and more. We'll answer your questions and help you know about valuable resources and supports to keep you or a loved one living independently as you age.

### Health Care Directives

This presentation will discuss what advance care planning is and what health care directives can do. We will not complete health care directives as part of this presentation, but attendees will be equipped with the knowledge, resources, and where to go for help to complete their directive. We explain who can be a health care agent and the

responsibilities of that role. Examples of health care directives and important considerations will be shared.

### **Health Care Fraud: Preventing Medicare Fraud and Avoiding Scams**

Learn to detect Medicare fraud and what to do if you suspect fraud. We discuss the top scams currently being directed towards older adults and how to avoid them.

If you don't find a presentation that works for you, call the Senior LinkAge Line at 800-333-2433 for help.

### **Memory Loss: A Guide to “What Now?”**

Virtual introductory class presented by the Mayo Clinic for those recently diagnosed with memory loss, mild cognitive impairment, or any type of dementia. The class meets the second Wednesday of each month beginning in Aug 2021 from 2:00-3:15pm Central Time. Please call or email Jodi for the Zoom link and for additional information about the support group and the class at 507-284-1324 or [melius.jodi@mayo.edu](mailto:melius.jodi@mayo.edu)

[Rochester Mayo Clinic](#)

### **Mindfulness-Based Dementia Caring**

Mindfulness-Based Dementia Caring (MBDC) is an 8-week program specifically designed for family care partners of persons with dementia.

Learn how the practice of mindfulness can help you cope with the challenges and stresses of dementia care. The program includes interactive mindful care practices, gentle yoga, lectures, group sharing, and at-home assignments.

For program details, including program dates and times, please contact Angela Lunde at [lunde.angela@mayo.edu](mailto:lunde.angela@mayo.edu) or call (507) 538-4048

[Rochester Mayo Clinic](#)

### **Minnesota Gerontological Society**

[MGS Conferences and Seminars](#)

## **National Alzheimer's and Dementia Resource Center Series**

[Alzheimer's Resource Center Series](#)

## **Older Americans Act 101: The Foundation of the Aging Services Network**

A new course is now available on ADvancing States IQ on the Older Americans Act. This course provides participants with an overview of key issues relevant to the Older Americans Act (OAA), a seminal piece of legislation that underpins the Aging Services Network and authorizes critical programs that support older adults. This course discusses the historical development, functions, and governance of the Act, its service programs, populations served, and funding. Older Americans Act 101 is aimed toward new, as well as seasoned, professional staff in the field of aging who would like a better understanding of the OAA.

This course is free and available to all users on ADvancing States IQ. To access the course, log in to ADvancing States IQ and search for the course Older Americans Act 101: The Foundation of the Aging Services Network. To log in or create an account, visit [Advancing States IQ](#).

## **Parkinson's Foundation Expert Briefings Web Seminar Series**

[Parkinson's Expert Briefings](#)

## **Struthers Parkinson's Center – HealthPartners**

[Classes and events for Parkinson's patients and caregivers](#)

## **Teepa Snow - Positive Approach to Care®**

Teepa Snow and her Positive Approach to Care® Team share about dementia so that everyone can understand *why* this is happening and *how* to support those living with brain change in a more positive and respectful way. Teepa provides training for professional and family dementia care with in-person and virtual training sessions. Many free videos and resources are available on her website.

[Teepa Snow - Positive Approach to Care](#)

[Free Teepa Snow Videos](#)

## **World Dementia Council: Global dialogue on Prevention**

The dementia landscape project: essays from international leaders in dementia.

[DLP - Essays - Prevention.pdf](#)