

Webinars, Seminars, Conferences & Classes for Caregivers and Professionals

Updated July 2022

- Upcoming Presentations
- Ongoing and On-Demand Presentations

Upcoming Presentations

AFA Fireside Chat

A free educational and informational web series

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 features 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 – Programs are from 12:00 – 12:30 pm CT

Episode 1 (March 18): Neuropsychiatric Symptoms

Episode 2 (March 31): Agitation & Psychosis

Episode 3 (April 12): Depression & Sleep Problems

Episode 4 (April 27): Neuropsychiatric Systems: A Caregiver's Perspective

Episode 5 (June 10): Cultural Disparities

Episode 6 (June 23): Healthcare Disparities for Veterans

Episode 7 (July 7): Healthcare Disparities for Women

Episode 8 (July 22): Healthcare Disparities for the Elderly

For more information and to register for upcoming episodes [click here](#).

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

AFA - Alzheimer's Foundation of America

UsAgainstAlzheimer's: Brain Health Academy

6 part series began June 15, 2022, 12:00 - 1:00 pm CT

For details about upcoming classes: click [here](#)

Brain Health Academy by UsAgainstAlzheimer's offers free, evidence-based courses designed to equip health and community providers with the knowledge and resources to reduce the risk of dementia and Alzheimer's and improve health outcomes. The 2022 Academy series includes six seminars, including a "101" course that provides an overview of dementia risk reduction and information about serving high-risk patients and delivering deliver culturally competent care. Five additional "201" seminars will address one of the key modifiable risk factors for dementia including physical activity, sleep, nutrition, social isolation, and hypertension. Concrete recommendations about how to apply the latest science in clinical and community practice will be provided.

UsAgainstAlzheimer's exists to conquer Alzheimer's disease. We take on the toughest problems; bring all of "Us" together to break down barriers; advocate for research that will speed treatments to market; and drive changes that matter most to people living with the disease. We will not rest until brain-span equals lifespan - for everyone.

The series is free of charge and includes CEUs.

Each of the webinars will be recorded and available for viewing for up to 60 days after the live presentation. Pre-registration is required to attend the live or the recorded webinars. [Learn more about CE credits here.](#)

Caregiver Education: Intro to Watercolors

July 9, 2022, 9:00 am - 10:30 am CT

Artistic expression can be a powerful tool to cope with the multitude of challenges and stresses we face as caregivers. In this fun, hands-on session, learn how to use a simple palette of watercolor paints, explore how to put color on paper and create a simple watercolor scene. Supplies are complimentary, but registration is required. We will be meeting in Room 209. Email us to reserve your spot at info@normandalecenter.org.

A free Caregiver Support Group is available following the class from 10:30 AM – 12:00 PM.

Contact: Elizabeth Robinson - Email: elizabeth@normandalecenter.org

Normandale Lutheran Church
6100 Normandale Road
Edina, MN 55436

Webinar on Emergency Preparedness for People Living with Dementia

July 19, 2022, 12:00-1:00 pm CT

Join the National Alzheimer's and Dementia Resource Center (NADRC) for its webinar, "Emergency Response for People Living with Dementia and Their Caregivers: Preparing for Emergencies via Coordinated Efforts of First Responders and Local Aging Organizations."

The Middle Alabama Area Agency on Aging (AAA) and Pelham Fire Department have worked closely the last several years on innovations to produce better outcomes for AAA clients. During this webinar, they will share how these partnerships started, give examples of the innovative programs on which they have collaborated, and provide information on how to better prepare for a disaster before it happens. The knowledge gained in this webinar can assist organizations as they develop emergency planning materials for clients living with dementia. Additionally, the webinar will help organizations identify and implement practices to both prepare for and respond to disasters.

[Register here](#)

If you have questions, please contact Sari Shuman at sshuman@rti.org.

I'm Still Getting Around: Transportation in Washington County

Tuesday, July 19, 2022, 2:00 – 3:30 pm CT

Guest Speaker: Barbara Bursack, Mobility Manager with Washington County

Focus: Barbara will share details about the purpose of and how to use the new transportation resource – GoWashingtonMN.com. Regardless of your driving status, this class will broaden your understanding of options to get around.

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

Sponsor: FamilyMeans

ALZ Talks: Navigating a Dementia Diagnosis

Thursday, July 28, 2022, 12:00 PM CT

After a diagnosis, it can be hard to know what's next. Learn about resources that can be helpful now, and in the future, from someone who has been where you are.

Free - [Registration](#) required.

Sponsor: Alzheimer's Association

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

Sponsor: FamilyMeans

Ongoing and On-Demand Presentations

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 or call (507) 538-4048

Rochester Mayo Clinic

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

Rochester Mayo Clinic

Recordings Available for 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

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: 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.

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

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.

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](https://caregivercollaborative.us16.list-manage.com/track/click?u=b227160c4dff2a8b66761356c&id=4a9320ca6f&e=ae113bfea6). <https://caregivercollaborative.us16.list-manage.com/track/click?u=b227160c4dff2a8b66761356c&id=4a9320ca6f&e=ae113bfea6>

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 Foundation of America

[Alzheimer's Foundation Webinars](#)

Alzheimer's Speaks

A wealth of resources from and about people living with dementia. Access to Alzheimer's Speaks Radio and webinars.

[Alzheimer's Speaks](#)

American Society on Aging

[American Society of Aging Web Seminars](#)

Dementia Alliance of North Carolina

[Educational Events Calendar](#)

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](#)

Minnesota Brain Injury Alliance 2021

[Lunch and Learn](#) seminars for social workers and social service providers.

Minnesota Gerontological Society

[MGS Conferences and Seminars](#)

National Alzheimer's and Dementia Resource Center Series

[Alzheimer's Resource Center Series](#)

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](#)

World Dementia Council: Global dialogue on Prevention

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

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

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](#)

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.

AARP: Disrupt Dementia

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

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

Highlights from the Alzheimer's Association International Conference 2021

[Conference Overview](#)