

When Caregiving Calls: **BUILDING A FRAMEWORK FOR RESILIENCE**

CONFERENCE FEE

\$35 conference fee includes continental breakfast, lunch, snack, materials and certificate of attendance.

REGISTRATION

Visit <https://nvdcc2023.eventbrite.com> to register!

*This conference sells out quickly so purchase your ticket today!
Registration will end on November 6th or earlier if sold out.*

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 applies.

QUESTIONS?

For more information about the conference, please call 703-578-7431.

Interested in having your company as a conference exhibitor? Contact nvdcc1@gmail.com for more information.

If you require an accommodation for any type of disability to participate, please call 703-746-5694. We kindly request seven days advance notice.



Please join us for the largest dementia conference in the region for family and professional caregivers.

901 East Byrd Street, Suite 1005
Richmond, VA 23219



NORTHERN VIRGINIA
dementia care
consortium

37TH ANNUAL CAREGIVER'S CONFERENCE

When Caregiving Calls: **BUILDING A FRAMEWORK FOR RESILIENCE**

FRIDAY, NOVEMBER 10, 2023

*Korean Central Presbyterian Church
15451 Lee Hwy, Centreville, VA 20121*



NORTHERN VIRGINIA DEMENTIA CARE CONSORTIUM

AARP Virginia
Alexandria Department of Community and Human Services,
Division of Aging and Adult Services
Arlington Aging and Disability Services
Alzheimer's Association, National Capital Area
ElderLink
Fairfax Area Agency on Aging
Fairfax County Neighborhood and Community Services
Goodwin Living
GraceFul Care, Inc.
Insight Memory Care Center
Loudoun County Area Agency on Aging
Prince William County Area Agency on Aging

MAJOR SUPPORT PROVIDED BY



PROGRAM

- 8:00 am *Check-In, Breakfast, and Exhibitor Showcase*
- 8:30 am **Welcome**
- 8:45 am **Keynote: Building Caregiver Resilience: A Framework for Care**
Dr. Aaron Blight, Caregiving Kinetics
Keynote Sponsored by Goodwin Living
- 9:45 am **Understanding Dementia for Caregivers**
Dr. Abigail Lawler, Inova Parkinson's and Movement Disorders Center
- 10:30 am *Break and Visit Exhibitors*
- 10:45 am **Practical Tips in Caregiving**
Regina Foster
- 11:45 am *Lunch and Visit Exhibitors*
Lunch Sponsored by ACC Family and Synergy HomeCare
- 12:30 pm **From Confusion to Clarity: Demystifying Advance Care Planning and the Essential Documents for Advocacy**
Dr. Brittany Lamb and Tamara Turner
- 1:30 pm **Caring for the Spirit of the Family Caregiver**
Rev. Dr. Beryl Dennis
- 2:15 pm *Break and Visit Exhibitors*
- 2:30 pm **Simple, Delicious and Nutritious**
Alexandra Freiman, Alison Neov, and Brian Patterson
- 3:00 pm **A Patriotic Celebration Honoring our Veterans with the Sentimental Journey Singers**
Mary Ann East, Sentimental Journey Singers
- 3:30 pm *Adjourn*

Do you need someone to care for your loved one so you can attend the conference?

In-home free respite care for people with dementia living in Northern Virginia will be provided by GraceFul Care. Limited support is available so call 703-904-3994 no later than October 19th.

CONFERENCE SPEAKERS

Aaron Blight, Ed.D. is an international speaker and consultant on caregiving, aging and healthcare. He is the founder of Caregiving Kinetics and has been recognized as a "Top 100 Healthcare Leader" by the International Forum on Advancements in Healthcare.

Rev. Dr. Beryl Dennis is a woman of faith, a cancer survivor, and an advocate for family caregivers everywhere. Her experience caring for her parents was a journey of love, compassion and faith.

Regina Foster is a gerontologist that also practices as a physician assistant. She is a licensed assisted living administrator, certified dementia practitioner, certified Alzheimer's disease & dementia care trainer through NCCDP, certified consultant using Teepa Snow's Positive Approach to Care, and a professional facilitator/trainer with VCU's Department of Gerontology.

Alexandra Freiman is a registered dietitian and a board-certified specialist in gerontological nutrition. She has been awarded fellow of the Academy of Nutrition and Dietetics, and she currently works for Goodwin Living and enjoys enhancing the lives of older adults through food and nutrition.

Dr. Brittany Lamb is a board-certified emergency medicine physician, dementia family educator and advocate. In the ER she sees the stress people go through having to make medical decisions unexpectedly. Outside of the ER, she supports and educates dementia family caregivers on the importance of planning for future medical decisions.

Dr. Abigail Lawler is currently with Inova Parkinson's and Movement Disorders Center as the autonomies director. Dr. Lawler is well versed in treating many neurologic conditions and specializes in treating movement disorders offering a wide variety of treatment options beyond traditional medical management for Parkinson's disease.

Alison Neov is a registered dietitian and a board-certified specialist in gerontological nutrition. She has worked for Goodwin Living for almost 7 years and is passionate about providing nourishing, tasty foods for older adults.

Brian Patterson, Goodwin Living Innovation and Development Chef, takes part in menu development, collaborates on themed events and engages with residents to promote sustainability. Brian also partners with local culinary programs to host internships designed to smooth the transition from the classroom to professional work in a senior living setting.

Tamara Turner is a consultant, educator and advocate for health equity to enable every person to live their best life to the end. With over 15 years of experience in health and human services, she empowers people with information and resources that can improve their quality of life and well-being.

Sentimental Journey Singers is for individuals with early to mid-stage cognitive change. Participants, with their care partners, learn vocal techniques and three-part harmony, while singing familiar songs and new pieces in a social group setting under the leadership of Dr. Mary Ann East.

FULL DETAILS ONLINE AT NVDC.COM!