Alzheimer’s Resource of Alaska

VISION TO REALITY

Conference 2014

Breaking Barriers, Embracing Diversity, Growing Together

November 12 & 13, 2014
Anchorage, Alaska
Egan Center - Summit Hall

Yukon Sponsor

Kuskokwim Sponsors

Alzheimer’s Resource of Alaska
Looking ahead to an ever more diverse and aging Alaska community, as well as, an increasing number of people living with dementia calls for inspired questions and expansive solutions. Today, we begin the journey from vision to reality by building an essential foundation of knowledge and skills in person-directed care.

Dr. Bill Thomas will lead the way in asking questions that challenge long held beliefs on aging and dementia. Be prepared to examine the ways in which traditional responses to growing older diminish promise and potential for all. Learn to recognize Elderhood as a rich stage in an evolving adulthood. Understand how the teachings of elders, especially those who live with dementia, contribute to personal growth and communal stability. Appreciate well-being as the force behind a life worth living for each and every person. Learn to use well-being principles as a foundation for actions and interactions.

Dr. Thomas inspires us to redefine community, our Alaska community, as a quest for well-being for all.

Dr. Bill Thomas, the pioneering force behind global non-profits *The Eden Alternative* and *The Green House Project* is fast becoming known as the “Dr. Spock” of aging through his revolutionary and visionary reshaping of traditional notions of eldercare. Dr. Thomas has turned antiseptic, dreary nursing homes into vibrant centers of care and companionship through his global non-profit The Eden Alternative. In his words, “The boomers are creeping toward elderhood, and I aim to help explain the terrain. The ‘new’ old age is a time of strength and growth and development and engagement.”
Day One Itinerary

8:00 to 8:45  Registration and Coffee Time
8:45-9:00  Opening Remarks
9:00 – 10:30  What are Old People For?
10:30 – 10:45  BREAK with Exhibitors
10:45 – 12:00  What Do Elders Teach Us?
12:00 – 1:30  LUNCH with Presentation
   An update on the ADRD Road Map
1:30  - 3:00  Redefining Community /
   Quest for Well-Being for All
3:00 – 3:15  BREAK with Exhibitors
3:15 – 4:15  Becoming a World Maker
   &
   Q & A
4:15 – 4:30  Evaluations & Certificates
Jill Vitale-Aussem has been leading senior living organizations for nearly 20 years, serving in administrator and executive director roles. Jill specializes in leading organizations through cultural transformation and building strong, empowered teams of elders and staff. She is a licensed nursing home administrator, a 2014 LeadingAge Leadership Academy Fellow and a Certified Eden Alternative Educator. Ms. Vitale-Aussem is also credentialed to teach Certified Eden Associate Training, Leadership Pathways to Culture Change and GROWTH: Six Steps to Implementing Change, and Embracing Elderhood courses.
Day Two Itinerary

8:00 to 9:00  Coffee – Virtual Dementia Tour sign up

9:00 to 10:30  Opening Session
   *How we can all Impact Change*
   Jill Vitale-Auseem

10:30 to 11:00  BREAK with Exhibitors

11:00 to 12:30  Breakout #1  Breakout #2
   *Culture: Embracing Diversity*
   *Sexuality and Diversity*
   Don Thibedeau  Ken Helander

12:30 to 2pm  LUNCH

2:00 to 3:30  Breakout #3  Breakout #4
   *Sexual Expression*
   *Virtual Dementia Tour*
   Lisa Wawrzonek, Facilitator  Sign Up Required

3:30- 4:00  BREAK with Exhibitors

4:00-4:45  Closing Session
   *Leadership Belongs to us All*
   Jill Vitale-Aussem

4:45-5:00  Evaluations/Certificates
Speakers

Don Thibedeau is the current social worker for the Denali Center in Fairbanks where he's been for the past 25 years; 20 of those years working specifically with individuals who have Alzheimer's or related dementias. Mr. Thibedeau is well known around the State for his presentations on cultural diversity, awareness and competence from twenty five years of working with Alaskans of all different ethnic groups and cultures. He has served on the Board of Directors for Hospice of Tanana Valley, is a 2011 recipient of the Doyan Limited Daaga Community Service Award and the 2007 Alaska Alliance for Direct Service Careers Outstanding Professional of the Year.

Ken Helander is the Advocacy Director for AARP in Alaska and has over 40 years of experience working with older adults and their families. Mr. Helander has worked in a variety of settings including community mental health, long term care, and adult day centers. He’s established programs targeted to LGBT older adults and currently advocates for all aspects of growing older in Alaska.

Lisa Wawrzonek is the Education Director for the Alzheimer’s Resource of Alaska and has over fifteen years working with older adults and their families. Mrs. Wawrzonek has a Masters in Gerontology with a specific focus on sexuality and older adults and is a certified care manager through the National Academy of Certified Care Managers.
Speaker Topics & Breakout Sessions

Embracing Change - Jill Vitale-Aussem
Change is difficult. Whether we are changing personally, professionally or within an organization, it can be a daunting task. When we look at making changes and transforming our care environments we know it is only possible by making a commitment to personal growth. Join us for our opening session with Jill Vitale-Aussem in a discussion about exploring opportunities for growth and change that will make a better world for our Elders.

Leadership Belongs to Us All - Jill Vitale-Aussem
Leadership really does belong to us all; Board, administrators, management, and direct care staff. Effective leadership results from understanding that sustainable cultural transformation can come only through growing leadership deep within an organization. Elders and the people who are in direct contact with them every day should hold the greatest power in any organization. Join us for our closing session will Jill Vitale-Aussem in learning how to create the conditions where direct care partners and residents can grow and create a lasting impact in any organization.

Culture: Embracing Diversity - Don Thibedeau
Providing care for Alaskan Natives or other cultures whether a rural or urban setting requires cultural sensitivity in order to promote successful relationships. Cross cultural communication is key to nurture these relationships. Oral traditions remind us of the power in stories shared. Join Don Thibedeau in a presentation about learning the tools for successful cross cultural communication and the rich resources that can be found in our elders stories.

Sexuality & Diversity: The LBGT Experience - Ken Helander
Many seniors have been of the generation to “don’t ask, don’t tell” about their sexual orientation. Join the discussion about how LGBT adults may view and use seniors services, how providers can create more welcoming environments and help all seniors keep important social connections.

Continuing the Conversation: Sexual Expression & Older Adults - Lisa Wawrzonek
Discussion of sexual expression for older adults and those with dementia may not be comfortable, but it is absolutely necessary. Join us for a panel discussion on sexuality, aging, dementia and strategies for awareness, training and acceptance.

Virtual Dementia Tour
Developed by P.K. Beville of Second Wind Dreams, the Virtual Dementia Tour provides participants with an experiential simulation to help understand what dementia may be like. Participants will develop a greater understanding of the challenges faced daily by those with dementia and how behaviors can be viewed as coping strategies. The result is care partners can change how we work with those with dementia resulting in better care. Please note – sign up is required for this session as there are limited spaces. Community tours will be available at later dates if you are not able to attend this session.
Logistics

REGISTER NOW

Early Registration Fees*

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<tr>
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<th>One Day</th>
<th>Both Days</th>
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<tbody>
<tr>
<td>Professional / Provider</td>
<td>$95.00</td>
<td>$175.00</td>
</tr>
<tr>
<td>Senior / Caregiver</td>
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*Early registration is from September 3, 2014 through 5pm on October 31st. After October 31st, late registration will begin and the price of the conference will increase by $50 per category.

Lunch Selections for Days 1 and 2

Grilled Vegetable Wrap
Mesquite Turkey with Smoked Bacon Sandwich
Chicken Cobb Chibatta Sandwich

Day one and day two have both been approved for 5.5 contact hours Alzheimer’s Resource of Alaska is an approved provider of continuing nursing education by the Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation

Continuing education hours from NASWAK has been applied for and pending.

Backing Out of Time - 5:30 PM - November 12
The day’s events will conclude at the Beartooth Theaterpub with a 5:30 screening of a new documentary, Backing Out of Time, from Mary Katzke & Affinity Films about Alzheimer’s and Caregiving from an Alaskan perspective.

Directions to Beartooth Cinema Pub
Directions

Egan Center - Summit Room
555 West Fifth Avenue
CLICK HERE FOR MAP

From the East/North:

West on Fifth Avenue, a one-way street. The Egan Center is to your right (north) between E and F Street.
Visual: you are getting close when you see the SkyBridge between the Egan and the Alaska Center for the Performing Arts (“PAC”) across Fifth Avenue at F Street.

The Egan Center is flanked to the south by Town Square Park. Take a right at the traffic lights at Fifth Avenue and E to get to the Egan Center’s east side with the Security/Visitor Entrance. Or, to pass by the Egan’s Front Lobby, instead of taking that right, go straight through those traffic lights at Fifth Avenue and E. The Egan Front Lobby will be on your immediate right. Both E and F are one-way streets North.

From the South/West:

East on Sixth Avenue, a one-way street. Take a left onto E street, a one-way going north.

Visual: this is right past the Alaska Center for the Performing Arts (“PAC”) and Town Square Park on your left. Going straight through the traffic lights at Fifth Avenue will take you right by the Egan Center on its east side with the Security/Visitor Entrance between Fifth and Fourth. Or, to pass by the Egan Front Lobby, instead of going straight through those traffic lights at Fifth Avenue, take a left turn and the Egan will be on your immediate right.

Alternate: East on Fourth Avenue, a two-way street.

Visual: you will see the Visitor Center Log Cabin on the right (south) side at the corner of Fourth and D Street and the Visit Anchorage Headquarters and Peratrovitch Park on the right between D and E Streets. There is metered street parking available here and the Egan Center is on the same city block, just south of Visit Anchorage and the Park.

Note: Security/Visitor Entrance is on E Street between Fourth and Fifth.