



New Directions in Research and Care

Alzheimer's  New Jersey

Wednesday, April 18, 2018

The Palace at Somerset Park • Somerset, New Jersey

Featuring

Richard S. Isaacson, MD

Director, Alzheimer's Prevention Clinic, Weill Cornell Memory Disorders Program
Associate Professor of Neurology, Weill Cornell Medicine
Director, Neurology Residency Training Program,
Weill Cornell Medicine/NewYork-Presbyterian Hospital

Jill S. Goldman, MS, MPhil, CGC

Genetics Counselor, Senior Staff Associate, Taub Institute,
Columbia University Medical Center, New York, NY

Pauline Boss, PhD

Professor Emeritus, University of Minnesota
Fellow, American Psychological Association
Fellow, American Association for Marriage and Family Therapy
Family Therapist, Private Practice

Keynote Presentation

Richard S. Isaacson, MD, will present **Advances in the Management of Alzheimer's Treatment and Prevention**

Research on the pathogenesis of Alzheimer's indicates the disease begins years before symptoms of memory loss appear. There is increasing interest in research of modifiable risk factors during these pre-symptomatic years with a focus on identifying lifestyle interventions that may delay onset of the disease. In addition, there is keen interest in research of lifestyle changes to maximize quality of life for individuals diagnosed with Alzheimer's. Dr. Isaacson will discuss the pathology of Alzheimer's disease and present evidence-based and comprehensive management approaches to treatment and risk reduction. Research will be presented on pharmacologic and non-pharmacologic approaches for Alzheimer's disease, with an emphasis on dietary and other lifestyle interventions.



Upon completion of the program, participants will be able to:

- Recognize how Alzheimer's disease develops over an extended period of time before symptoms begin.
- Describe the impact of nutrition on cognitive function, and the effects of dietary patterns and single/multi-nutrients on brain health.
- Recognize the effect of personalized lifestyle interventions toward reducing risk of Alzheimer's disease.

Richard S. Isaacson, M.D. currently serves as Director of the Alzheimer's Prevention Clinic, Weill Cornell Memory Disorders Program, and Associate Professor of Neurology and Director of the Neurology Residency Training Program at Weill Cornell Medicine/NewYork-Presbyterian Hospital. Dr. Isaacson specializes exclusively in Alzheimer's disease (AD) risk reduction and treatment, mild cognitive impairment due to AD and pre-clinical AD. His AD research focuses on nutrition and the implementation and longitudinal assessment of dietary interventions for AD management. Dr. Isaacson has a family history of AD and passionately believes in a comprehensive, multi-modal approach toward both AD treatment and prevention. He is the author of numerous publications and has presented his research in neurology and medical education at scientific meetings nationally and internationally. Dr. Isaacson is the author of two best-selling books geared for patients and caregivers, *Alzheimer's Treatment: Alzheimer's Prevention: A Patient & Family Guide* and most recently, *The Alzheimer's Diet: A Step-by-Step Nutritional Approach for Memory Loss Prevention & Treatment*. A graduate of the accelerated 6-year B.A./M.D. program at the University of Missouri - Kansas City School of Medicine, he completed his residency in Neurology at Beth Israel Deaconess Medical Center/Harvard Medical School, and his medical internship at Mount Sinai Medical Center in Miami Beach, FL. Dr. Isaacson previously served as Associate Medical Director of the Wien Center for Alzheimer's Disease and Memory Disorders at Mount Sinai Medical Center in Miami Beach, Florida; and Associate Professor of Clinical Neurology, Vice Chair of Education, and Education Director of the McKnight Brain Institute in the Department of Neurology at the University of Miami Miller School of Medicine.

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #56 Course #1823 from 04/12/2018 to 04/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 1.25

Medical Plenary Session

Jill S. Goldman, MS, MPhil, CGC, will present **Updates on the Genetics of Alzheimer's Disease and Other Dementias**

The prospect of developing Alzheimer's disease or another dementia is daunting, especially when it is in the family. This presentation will discuss the risk of hereditary forms of Alzheimer's disease and other dementias, when to consider genetic testing, and the risks and limitations of genetic testing for dementia.

Upon completion of the program, participants will be able to:

- Explain the difference between sporadic and familial disease history.
- Describe the benefits and limitations related to pre-symptomatic genetic testing.
- Discuss what is involved when participating in a Heredity Dementia Risk Assessment.



Jill S. Goldman, MS, MPhil, CGC is genetic counselor and senior staff associate at The Taub Institute at Columbia University Medical Center where she serves in the Center of Excellence for Alzheimer's Disease. She specializes in hereditary neurological diseases such as Alzheimer's disease, frontotemporal degeneration, Parkinson's disease, and Huntington's disease, and is involved in multiple research studies in addition to her work as a genetic counselor. Prior to joining Columbia University Medical Center, Ms. Goldman was genetic counselor at the Memory and Aging Center at University of California-San Francisco. She is a member of the National Society of Genetic Counselors (NSGC), a member of the American Academy of Neurology, and an appointed member of the Medical Advisory Committee of the Association for Frontotemporal Dementia. She is on the teaching faculty for the Joan H. Marks Graduate Program in Human Genetics at Sarah Lawrence College, and is guest lecturer for the Genetic Counseling Programs of Long Island University and Mount Sinai School of Medicine. Ms. Goldman holds a MPhil degree in Biology from Yale University, a MS degree in Educational Counseling from University of Bridgeport, and a MS in Genetic Counseling from University of California-Berkeley. She has authored many papers and book chapters on genetic counseling and testing and is editor of the textbook, *Genetic Counseling for Adult Neurogenetic Disease: A Casebook for Clinicians*.

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #56 Course #1824 from 04/12/2018 to 04/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 1.25

Pauline Boss, PhD, will present *The Ambiguous Loss in Alzheimer's Disease*

Ambiguous loss is a loss without closure. When loved ones cannot be healed, the lens of ambiguous loss helps guide professionals to ease the stress and frozen grief of family caregivers. Instead of closure, the goal for living with ambiguous loss is resilience. Dr. Boss coined the term *ambiguous loss* in the 1970s, and it helps professionals and families name the stress and sadness caused by Alzheimer's disease and other dementias. Because the loss is ongoing, professionals and families must find new ways of thinking about long-term grief when no death has occurred. Dr. Boss will present research updates about grief and loss and explain how to help caregivers find resilience through "both-and" thinking and six tested guidelines based on meaning, mastery, identity, ambivalence, attachment, and hope. Dr. Boss emphasizes professional self-care for resilience while doing this difficult work.



Photo Credit: Andrew Testa

Upon completion of the program, participants will be able to:

- Identify ambiguous loss and the importance of naming a stressor before one can cope with it.
- Describe the immobilizing impact of ambiguous loss for family caregivers.
- Describe why the grief from ambiguous loss has no closure and how this is linked to caregiver well-being.
- Explain the six guidelines for strengthening resilience when faced with ambiguous losses from Alzheimer's disease or other related dementias.
- Increase their own tolerance for ambiguity when working with cases that have no clear cure or solution.

Pauline Boss, Ph.D., is Professor Emeritus at the University of Minnesota; a Fellow in the American Psychological Association and American Association for Marriage and Family Therapy; a former president of the National Council on Family Relations; and a family therapist in private practice. Dr. Boss holds her PhD in Child Development and Family Studies from the University of Wisconsin-Madison. She was Distinguished Moses Professor, 2004-2005, at the Hunter School of Social Work. With her groundbreaking work as a scientist-practitioner, Dr. Boss is the principal theorist in the study of ambiguous loss. She has researched various types of ambiguous loss, summarizing her work in the widely acclaimed books, *Ambiguous Loss: Learning to Live with Unresolved Grief and Loss, Trauma, and Resilience*. Dr. Boss's most recent book, *Loving Someone Who Has Dementia*, outlines proven strategies for managing ongoing stress and grief while caring for someone who has dementia and offers hope for dealing with the ambiguous loss of dementia—having a loved one both here and not here, physically present but psychologically absent.

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Day-at-a-Glance**MORNING**

7:30 – 8:30 am	Registration, Exhibits, Breakfast
8:30 – 8:45 am	Welcome
8:45 – 10:00 am	<i>Keynote Presentation</i> Advances in the Management of Alzheimer's Treatment and Prevention Richard S. Isaacson, MD
10:00 – 10:20 am	Exhibits
10:20 – 11:35 am	Medical Plenary Session Updates on the Genetics of Alzheimer's Disease and Other Dementias Jill S. Goldman, MS, MPhil, CGC

AFTERNOON

11:35 am – 12:15 pm	Exhibits
12:15 – 1:15 pm	Luncheon (non-CE luncheon presentation TBD)
1:15 – 2:30 pm	<i>Care & Support Plenary Session</i> The Ambiguous Loss in Alzheimer's Disease Pauline Boss, PhD
2:30 – 2:45 pm	Break
2:45 – 4:00 pm	Workshops (choose 1 of 5)

For Session Agendas, Please Visit the Website: alznj.org/events/education-research-conference/

WS-1: Optimizing Late Stage Care for Individuals with Dementia

Healthcare professionals in a variety of settings report challenges in providing quality care for the individual with late stage dementia, as care needs increase and as changes in the person's cognition and language make it more difficult to identify and treat symptoms. This presentation will outline effective strategies to maximize the quality of life for individuals at this stage. Discussion will include the role of palliative care and hospice, and the process of supporting families with end-of-life decisions. Techniques to improve communication, manage behavioral changes, assess and manage pain, and monitor nutrition will also be addressed.

Upon completion of the workshop, participants will be able to:

- Describe common challenges in late stage dementia care that relate to quality of life.
- Identify methods for assessing and managing pain in persons with late stage dementia.
- Define strategies for monitoring nutrition in individuals with late stage dementia.
- Describe the role of palliative care and hospice.
- Discuss approaches to managing behavioral symptoms in persons with late stage dementia.

Jessica L. Israel, MD serves as Corporate Chair, Geriatrics and Director of The James and Sharon Maida Geriatrics Institute of RWJBarnabas Health. Dr. Israel is a practicing geriatrician who has served as Division Chief of the Palliative Medicine and Pain Program at Monmouth Medical Center. Dr. Israel has also served as the Division Chief of Geriatric Medicine and Regional Director, Geriatrics and Palliative Medicine at Monmouth Medical Center. Dr. Israel is Adjunct Assistant Professor for the Geriatrics and Medicine Departments of Mount Sinai School of Medicine, and is Clinical Associate Professor in the Department of Medicine at Drexel University College of Medicine.

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #56 Course #1826 from 04/12/2018 to 04/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 1.25

WS- 2: The Neuropsychological Evaluation: Usefulness in Determining a Diagnosis and Developing Ongoing Treatment Plans

A number of diagnostic tools play a part in the evaluation of cognitive changes associated with Alzheimer's disease and other dementias. Neuropsychological assessments are essential in determining a differential diagnosis. They are also an important tool in identifying subtle changes in cognitive functioning and identifying the individual's strengths and weaknesses. This enables clinicians to develop individualized (person-centered) care and treatment plans. After a diagnosis is made, periodic testing can be used to monitor the progression of the disease. In this workshop, the battery of tests used to assess cognitive functioning, behavior and mood will be described. Discussion will focus on understanding how the results of these tests can be used to improve the diagnostic accuracy and quality of life for the person with dementia.

Upon completion of the workshop, participants will be able to:

- Describe when to refer for a neuropsychological evaluation.
- Describe how a neuropsychological evaluation is conducted, measures used, and the type of information it can yield.
- Explain how the neuropsychological evaluation contributes to a differential diagnosis and treatment plan.
- Recognize ways in which continued neuropsychological testing and monitoring informs successful care planning, lifestyle factors, and expectations about daily living.

Michelle Papka, PhD, serves as Director of the Cognitive and Research Center of New Jersey. A neuropsychologist, Dr. Papka began her career as the neuropsychologist at the University of Rochester Medical Center's NIA-funded Alzheimer's Disease Center. She has nearly 25 years combined experience as a researcher and clinician specializing in the field of aging, Alzheimer's disease and dementia. Dr. Papka practices as a neuropsychologist, psychotherapist, and researcher serving as the Principal Investigator on over 20 recent clinical trials for Alzheimer's disease, memory impairment or Mild Cognitive Impairment.

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #56 Course #1827 from 04/12/2018 to 04/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 1.25

WS-3: Evaluating and Managing Behavioral and Psychiatric Symptoms in Dementia

The number one challenge for both family and professional caregivers is the management of behavioral and psychiatric symptoms in people with dementia. Through discussion of a series of engaging case studies, participants in this workshop will learn how a comprehensive clinical assessment of these symptoms is conducted to determine the kind of intervention that will maximize an individual's functioning and quality of life.

Discussion will include research on medication therapy for specific symptoms such as agitation, hypersexuality, apathy, hallucinations and delusions, when non-pharmacological interventions alone are not effective.

Upon completion of the workshop, participants will be able to:

- Describe common neuropsychiatric behaviors associated with Alzheimer's disease and other forms of dementia.
- Describe the process of assessment for behavioral and psychiatric symptoms.
- Describe current pharmacological interventions for the treatment of neuropsychiatric symptoms.

Daniel P. Schneider, MD, Director, Cognitive and Behavioral Neurology Program, Rutgers – Robert Wood Johnson Medical School. Board certified in psychiatry and neurology,

(continued on next page)

Dr. Schneider is also Assistant Professor in the Departments of Neurology and Psychiatry of Rutgers-Robert Wood Johnson Medical School. In addition to clinical practice and teaching, he serves on the Ethics Committee of Robert Wood Johnson University Hospital. He is coauthor of a textbook chapter entitled "Drugs in Neurodegenerative Disorders" (in press).

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #56 Course #1828 from 04/12/2018 to 04/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 1.25

WS-4: Enhancing Daily Life: A Person-Centered Approach to Activity Planning in Dementia Care

Meaningful activity structures the day, affirms a sense of self and enhances quality of life. Taking a person-centered approach to activity programming offers individuals with dementia the opportunity to be engaged in activities based on their strengths, personal preferences, and life experiences. This workshop will present the principles and benefits of person-centered care as it relates to activity planning. Ways to involve interdisciplinary staff in this approach to care will be highlighted. Strategies will be offered for individualizing activity plans. Case studies will illustrate the range of activities that can be considered, including meals, creative arts, and intergenerational programming.

Upon completion of the workshop, participants will be able to:

- Describe key principles of person-centered care as it applies to individuals with dementia.
- Describe the role of interdisciplinary staff in implementing a person-centered approach to activity programming for individuals.
- Identify steps to assess strengths of individuals and create opportunities for engagement in meaningful activity.

Lucy Seligson, LCSW, a licensed clinical social worker with a primary interest in gerontology, oversees all clinical services at the Actors Fund Home, where she served as Director of Social Services before becoming Assistant Administrator. She led the implementation of a facility-wide culture change program to improve quality of care for residents with dementia through the practice of person-centered care. Ms. Seligson earned a Masters of Social Work from Hunter College and a Certificate in Senior Care Management from Rutgers University.

Yalile Alzate is an activities director certified by the National Certification Council for Activity Professionals, with over twenty years of professional experience in activity planning. She currently oversees all activities programming at the Actors Fund Home, and has a leadership role in the facility's application of a person-centered model of care for residents with dementia.

Michelle Rauch, MS, RDN is a registered dietitian whose practice has focused on the management of the clinical nutrition needs of residents in senior housing, long term care facilities and rehabilitation settings. At the Actors Fund Home she has partnered with other staff to develop person-centered activities to enhance mealtimes and address nutritional concerns. Ms Rauch earned a Master of Science in nutrition from Montclair State University.

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #56 Course #1829 from 04/12/2018 to 04/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 1.25

WS-5: Dementia Caregiving as a Millennial: A Panel Discussion

Panel of Young Adult Family Caregivers

At any age, caregiving for a family member with dementia can be challenging as well as rewarding. As our population ages and more baby boomers are diagnosed with dementia, more millennials will be called upon to provide care. As young adults, these millennial caregivers often help provide support to a relative with dementia during years they may also be pursuing school, entering the workforce and building their own independent family lives.

Panelists will share their experience as family caregivers by addressing a range of topics including the diagnostic experience, changes in family roles and relationships, impact on quality of life and successful stress management strategies. After hearing these first-hand accounts, workshop attendees will see caregiving from a new perspective.

Upon completion of the workshop, participants will be able to:

- Describe unique issues in dementia caregiving as a young adult.
- Explain the need for supportive services for millennial caregivers.
- Describe strategies to help young caregivers cope with day-to-day challenges.

Moderator: **Shelley Steiner, LSW, MSW, MPH**, is Education and Outreach Coordinator at Alzheimer's New Jersey. A licensed social worker for 38 years, she has worked for the last 15 years in the field of aging. Prior to joining the staff of Alzheimer's New Jersey, she served as social worker and director of an adult day center, including work as the facilitator of a support group for family caregivers. Ms. Steiner earned an MSW/MPH from Columbia School of Social Work and Public Health, and is also a certified geriatric care manager, known today as an aging life care specialist.

This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #56 Course #1830 from 04/12/2018 to 04/12/2020. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 1.25

Don't forget to indicate your choice of workshop on the registration form. These sessions can fill up quickly, so we need to know your second and third choices as backups.

CONFERENCE WORKSHOP SELECTIONS - please indicate 1st choice, 2nd choice, and 3rd choice

First choice WS-2 Second choice WS-5 Third choice _____

Please note: All speakers and workshops are subject to change or cancellation.

Accreditation Information

Target Audience

The course is designed to enhance the knowledge of a range of healthcare professionals working within a variety of care settings. The target audience includes social workers (beginning, intermediate and advanced level), facility administrators, nurses, activity and recreation professionals, care managers, and dietitians from home care, hospitals, adult day services, residential facilities, subacute care settings, hospices, senior centers and other support services in the community.

NJ Social Workers: Program designed with beginning and intermediate content.

Learning Outcomes

To increase knowledge about Alzheimer's disease, including current research, care and support techniques, and resources available to improve the quality of care for patients, their caregivers and family members.

Disclosure of Conflicts of Interest

It is the policy of Medical Education Resources to ensure balance, independence, objectivity, and scientific rigor in all of its educational activities. In accordance with this policy, MER identifies conflicts of interest with its instructors, content managers, and other individuals who are in a position to control the content of an activity. Conflicts are resolved by MER to ensure that all scientific research referred to, reported, or used in a continuing education activity.

Continuing Education Credits

New Jersey Social Workers

This conference is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program, Provider #56 Courses #1823-1830 from 04/12/2018 – 4/12/2020. Social workers will receive the type and number of credits listed in the course description.

Nurses (RN, NP, LPN)

Medical Education Resources is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This CE activity provides 5 contact hours of continuing nursing education. Medical Education Resources is a provider of continuing nursing education by the California Board of Registered Nursing, Provider #CEP 12299, for 5 contact hours.

Administrators (LNHA/CALA)

This program has been submitted (but not yet approved) for Continuing Education for 5 total clock hours from NAB/NCERS.

Certified Case Managers (CCM)

Application for approval of CE credits has been made to the Commission for Case Manager Certification.

Activity Professionals (ACC, ADC, AAC)

Application for approval of CE credits has been made to the National Certification Council for Activity Professionals (NCCAP).

Recreation Therapists

Application for CE credits has been made to the New Jersey Recreation and Park Association Professional Certification Board.

Registered Dietitians (RD)

Application has been made to the Commission on Dietetic Registration for approval for CPE hours.

Check alznj.org® for updates
regarding CE approvals

Registration Information

THREE WAYS TO REGISTER

① **Online:** www.alznj.org®

② **By Mail:**

Alzheimer's New Jersey
Attn: Education Conference
425 Eagle Rock Avenue, Suite 203
Roseland, NJ 07068

③ **By Fax:** 973-586-0094

Faxed submission must include credit card information.

Your registration will be confirmed within 10 days of receipt.

If not received, please call **973-586-4300**.

Conference Location

The Palace at Somerset Park
333 Davidson Avenue
Somerset, NJ 08873

1-877-725-2234

palacesomersetpark.com

Questions or concerns? Call 973-586-4300.

Dates to Remember

April 4, 2018: Early registration deadline; last day to cancel and receive a partial refund; refund requests must be made in writing (by mail or fax), less a \$75 administrative fee.

April 11, 2018: Late registration deadline; deadline for any registration substitution.

Registration Form

Name: _____

Title: _____

Facility: _____

Address: _____

☐ Home address

☐ Work address

indicate if home or work address

City: _____ State: _____ Zip: _____

Phone (Day): _____ Fax: _____

Email: _____ Meal Alternative: ☐ Kosher ☐ Vegetarian

☐ Non-Dairy ☐ Gluten Free

**If you require special assistance, please call
973-586-4300 to inform us of your needs.**

CONFERENCE WORKSHOP SELECTIONS - please indicate 1st choice, 2nd choice, 3rd choice below:

First choice _____ Second choice _____ Third choice _____

Please note: All speakers and workshops are subject to change or cancellation.

CONTINUING EDUCATION CREDITS - you must complete this section to receive CE credits*

☐ Administrators (LNHA/CALA)

☐ Activity Professionals (ACC, ADC, AAC)

☐ Certified Case Managers (CCM)

☐ Nurses (RN, NP, LPN)

☐ Recreation Therapists

☐ Registered Dieticians (RD)

☐ Social Workers (CSW, LSW, LCSW)

License # _____ License number must be included to process.

Administrators: Please provide NAB # (if available) _____

**Full day attendance is necessary to receive CE credits. CE certificates are mailed within 30 days of the conference to attendees who registered, paid for CE credits, attended the entire conference, signing in and out of each session and completing an evaluation for each one, including an overall conference evaluation.*

FEES

\$195 Registration (postmarked by April 4, 2018) _____

\$205 Registration (postmarked by April 11, 2018) _____

\$225 On-site Registration (only if space available) _____

\$15 CE Certificate (per discipline) _____

TOTAL DUE \$ _____

METHOD OF PAYMENT - payment is due with this registration form

Check - Please make payable to **Alzheimer's New Jersey**

Credit Card - Credit card payments *must* accompany registrations faxed to **973-586-0094**.

☐ Visa

☐ Mastercard

☐ American Express

☐ Discover

Credit Card #

Cardholder's Name _____

Exp. Date _____ Security Code _____ Signature _____

REGISTRATION CHECKLIST

- ☐ Choose a Workshop
- ☐ Indicate discipline for Continuing Education credits and include license number, if available
- ☐ Add Registration and CE Certificate fees together and include payment information

Please note our new mailing address

You can register online at alznj.org®

