



# DEMENTIA LEADERSHIP SERIES

## Event Details:

March 3, 2022 | Virtual Course

10:15 a.m. – 2:15 p.m. (A lunch break is scheduled from 11:45 a.m.–12:45 p.m.)

### REGISTER ONLINE

[www.LeadingAgeIowa.org/DementiaLeadership](http://www.LeadingAgeIowa.org/DementiaLeadership)

### Registration Deadline

February 28, 2022

## QUESTIONS?

Contact LeadingAge Iowa at 515-440-4630 or email [info@LeadingAgeIowa.org](mailto:info@LeadingAgeIowa.org)

This event is scheduled in a virtual, live-streaming webinar format. To meet the regulatory and education requirements, participants must stay for the entire event to receive credit. Sign-in and sign-out times, as well as attentiveness, will be verified before credit is issued. Contact Amy Huisman for details or questions.

LeadingAge Iowa is partnering with LeadingAge Illinois to offer a Dementia Leadership Course.

## OVERVIEW

For more than 20 years, LeadingAge Illinois and Rush Alzheimer's Disease Center have offered the Dementia Leadership Course, a comprehensive educational series intended to provide Dementia Leaders with information they need to develop their skills and grow in their roles. Now that the content is offered in a remote fashion, LeadingAge Iowa members are able to benefit from the content as well.

The additional series has been developed to supplement the Dementia Leadership Network Course. Although completion of the Dementia Leadership Course is encouraged, it is not a pre-requisite for the series.

# EVENT SCHEDULE

**Session 1 - 10:15 a.m. – 11:45 a.m. C.T.**

## **NUTRITION AND NEURODEGENERATIVE DISEASE**

While there is not a specific diet known to stop neurodegeneration, there are many foods that can help keep a brain healthy and working at its greatest potential and possibly even slow down the rate of how our brains age. This session will review physiological changes associated with normal aging, as well as discuss evidence-based nutrition recommendations to improve brain health.

### **Objectives:**

- Identify physiological changes associated with normal aging as they affect nutritional status.
- Discuss current trends in nutritional science focused on the treatment of dementia, foods, herbals etc.
- Establish effective strategies available to maximize nutritional status of people with dementia.

**Faculty: Kristin AR Gustashaw, MS, RDN, LDN, CSG, Nutrition Consultant, Rush University Medical Center**

Kristin Gustashaw has worked in the field of nutrition for more than 20 years. She holds a masters in clinical nutrition, is a nutrition consultant, public speaker, and one of only 29 certified specialist in gerontological nutrition in the state of Illinois. At Rush, she works as an advanced level clinical dietitian, a media relations liaison for the Rush Nutrition and Wellness Center, a faculty member at Rush University, a member of the Epilepsy Clinic, Movements Disorders Clinic as well as the wellness dietitian for the Chicago Department on Aging. Her passion is translating complex nutrition research into usable information.

ANFP Competencies

Level II

Apply Data - Apply standard nutrition care

**Session 2 - 12:45 p.m. – 2:15 p.m. C.T.**

## **RE-IMAGINING LATE-STAGE DEMENTIA CARE**

This session will equip providers with ways to re-imagine how to offer personalized, meaningful and comfort-focused care during late-stage dementia.

### **Objectives:**

- Identify late-stage characteristics and current challenges
- Generate strategies for engagement in meaningful moments throughout the day
- Anticipate comfort-focused care decisions and needs as the person moves toward end-of-life

**Faculty: Jeannine Forrest, PhD, RN, Dementia Educator & Care Consultant, Dementia Coach On-Call**

Dr. Jeannine Forrest, of Through the Forrest, offers guidance and education to family and professional caregivers impacted by Alzheimer's and other related dementia's. Through her Dementia Coach On-Call service, individuals receive live one-to-one support. She has more than 35 years of clinical practice, education, and research focused on geriatrics, dementia; pain; palliative and end-of-life care. Dr. Forrest served as faculty member at the University of Illinois at Chicago and Rush University. She has held Board positions for the Illinois Hospice & Palliative Care Organization; Chicago End-of-Life Care Coalition and the Alzheimer's Disease Advisory Committee of Illinois. She provided palliative care and dementia training in various regions of China. She collaborated with the Alzheimer's Association studying outcomes of comfort focused care for residents with advanced dementia in nursing homes. Holds a Fellowship in the Institute of Medicine of Chicago. She is also currently an active member of DSA's Advisory Council.

## WHO SHOULD ATTEND

Directors of Alzheimer's Special Care Units and Memory Care Programs, Staff Educators, Nurse Managers, Therapists, Social Workers, Life Enrichments Directors, Chaplains, CNAs, Home Care, Adult Day Care, Memory Care staff, Dietary personnel, and Administrators. Appropriate for skilled nursing, assisted living, and home and community-based services.

## REGISTRATION & OTHER INFORMATION

**LeadingAge Iowa Member Individual Rate**      \$75

**Prospective Member Individual Rate**      \$150

Each attendee must be logged into his/her own computer that has sound and video camera capabilities.

### What's Included

Registration fee includes electronic handout, one connection to the live session, and instructions for receiving CE credit/attendance certificate (only the registered attendee will receive credit). A recording of this session is NOT included in the registration fee.

### Split/Share Policy

Splitting or sharing a registration is not permitted. Registrations are to be used by the same person for the entire event even if the person is able to attend only part of the program or conference.

### Handouts

All handouts will be available electronically.

### Cancellation/Refund Policy

Registration deadline is February 28, 2022. No-shows will be billed. No refunds for failure to log-in at the time of the event. Substitutions welcome anytime via email. All cancellation and substitution requests must be emailed to Amy Huisman ([ahuisman@LeadingAgeIowa.org](mailto:ahuisman@LeadingAgeIowa.org)). A full refund will be given to all cancellations received 10 or more business days prior to the event. A \$25 administrative fee will be charged to all cancellations received six to nine business days prior to the event. No refunds will be given to cancellations received five or fewer business days prior to the event. Refunds will be calculated by the date received and the LeadingAge Iowa business days remaining prior to the event. LeadingAge Iowa reserves the right to cancel the program due to insufficient enrollment in which case pre-registered participants will be notified and full refunds provided.

### Virtual Programs Code of Conduct

The world of virtual learning is changing how we interact with each other – and our goal is to create a positive, safe and welcoming environment for all program participants. All are expected to abide by our Virtual Programs Code of Conduct. Go to [www.LeadinAgeIowa.org/VPCCodeofConduct](http://www.LeadinAgeIowa.org/VPCCodeofConduct) to view the LAI Virtual Programs Code of Conduct.

### Photographs, Video & Intellectual Property

Registration and attendance at, or participation in, LeadingAge Iowa virtual meetings and other activities constitutes an agreement by the participant for LeadingAge Iowa to use and distribute (both now and in the future) the participant's image, voice or text in photographs, videotapes, electronic reproductions and audiotapes of such events/activities. No personal video or audio recordings are allowed. Presentations, images and text chats are the intellectual property of the speaker, and participants are not permitted to record them or share the images or text chats for personal or business use.

## CONTINUING EDUCATION INFORMATION

Iowa Board of Nursing Provider #67 – 1.5 contact hours for each session. Providership regulations do not allow for partial credit to be given for any portion of this program. You must attend the entire session to receive credit. Retain certificate for four years.

Nursing Home Administrators – 1.5 contact hours for each session. This program is intended to meet the criteria established by the Iowa Board of Examiners for Nursing Home Administrators. You must attend the entire session to receive credit. Retain certificate for four years.

Social Workers – 1.5 contact hours for each session. This program is intended to meet the criteria established by the Iowa Board of Social Work Examiners. You must attend the entire session to receive credit. Retain certificate for four years.

Assisted Living Managers – 1.5 contact hours for each session. This program meets the requirements for Assisted Living Leadership recertification. You must attend the entire session to receive credit. No partial credit allowed. If audited, you will be asked to provide your certification of attendance and program material. Retain your certification for 2 years.

Certified Dietary Managers – 1.5 contact hours for Session 1 Nutrition and Neurodegenerative Disease for prior approval #166691. You must attend the session in its entirety to receive credit. No partial credit allowed. If audited, you will be asked to provide your certificate of attendance and program material. Retain certificate for six years. Log in to [www.ANFPonline.org](http://www.ANFPonline.org) to report your CE credit using the Prior Approval Program ID# listed above.

For other long term support and service provider professional not listed above: Most licensure boards, credentialing agencies and professional organizations have processes that allow individuals to earn a certain number of CEUs for non-preapproved programs and/or to accommodate self-submission for approval of continuing education hours after the event takes place with proper documentation from the program sponsors. Most also require information objectives, date/time of presentation, agendas, faculty bios and number of hours earned. If you require information for this purpose, please contact Amy Huisman in advance for assistance.

