



New Directions in Research and Care

Alzheimer's  New Jersey®

Wednesday, May 1, 2019

The Palace at Somerset Park • Somerset, New Jersey

Featuring

Tiffany Chow, MD

Director of Clinical Monitoring, Alzheimer's Therapeutic Research Institute
Professor of Clinical Neurology, Keck School of Medicine, University of
Southern California

Andrew E. Budson, MD

Chief of Cognitive & Behavioral Neurology, Associate Chief of Staff for
Education, and Director of the Center for Translational Cognitive
Neuroscience, VA Boston Healthcare System
Associate Director for Research, Boston University Alzheimer's Disease Center
Professor of Neurology, Boston University School of Medicine and Lecturer in
Neurology, Harvard Medical School.

Stephen G. Post, PhD

Director, Center for Medical Humanities, Compassionate Care and Bioethics,
Stony Brook University School of Medicine

Tiffany Chow, MD will present *How to Read Between the Lines of the “Latest Breakthrough”*

Headlines can be deceiving. As much as we all want and need good news about prevention and treatment of dementia, there have been many more disappointments than FDA approvals in this field. The numerous pathways for media to feed us the news can make it difficult to know what will really make a difference. Dr. Chow will discuss how to read about “breakthroughs” with a critical eye.

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

- Explain how interventions come to be federally approved for prescription use.
- Discuss some recent news and how important it is to read research news critically.
- Describe a clinician’s criteria for when a study finding will change prescribing behavior.



Tiffany Chow, MD is Professor of Clinical Neurology at the Keck School of Medicine of the University of Southern California (USC), and Director of Clinical Monitoring and Diversity Strategist of USC’s Alzheimer’s Therapeutic Research Institute (ATRI), a lead organization in the NIH-funded Alzheimer’s Clinical Trial Consortium which is dedicated to expanding studies for therapies in Alzheimer’s disease and other dementias. Her research has spanned observational studies of behavioral disturbance in dementia, structural and functional neuroimaging, clinical trials, and knowledge translation.

Prior to her current work for ATRI, Dr. Chow cared for patients with early-onset dementias and their families. Dr. Chow served as Senior Scientist and Behavioural Neurologist at Baycrest Health Sciences, Toronto; as Director of the Frontotemporal Dementia Clinic at USC; and as Director of the Alzheimer’s Disease Center and Co-Director of the NIA-funded Alzheimer’s Disease Research Center at USC. Dr. Chow also held faculty appointments at the Schools of Medicine of University of Toronto and University of California Los Angeles (UCLA).

Dr. Chow’s commitment to caregiver issues in dementia has motivated her active participation on the Boards of Directors of the Alzheimer’s Association and the Alzheimer’s Society, as well as her position as a charter Medical Advisory Council member of the International Association for Frontotemporal Degeneration. She has brought an intergenerational approach to her outreach to caregivers: creating a website for children caring for middle-aged parents with dementia, www.dementiainthehouse.com; authoring *The Memory Clinic*, a book for patients and their families; and co-authoring *Frank and Tess, Detectives!*, an educational activity book about frontotemporal dementia for children too young to access the internet.

A graduate of Rush Medical College, Dr. Chow’s training included a fellowship in the Dementia and Behavioral Neuroscience Program at UCLA’s School of Medicine. Board certified in Neurology, Dr. Chow also earned certification in Behavioral Neurology from the United Council for Neurologic Subspecialties.

In the past, Dr. Chow has served as a Councilor and Education Chair for the Geriatric Neurology section of the American Academy of Neurology as well as a member of the Behavioral Neurology section.

Day-at-a-Glance

MORNING		AFTERNOON	
7:30 – 8:30 am	Registration, Exhibits, Breakfast	11:35 am – 12:15 pm	Exhibits
8:30 – 8:45 am	Welcome	12:15 – 1:15 pm	Luncheon
8:45 – 10:00 am	<i>Keynote Presentation</i> How to Read Between the Lines of the “Latest Breakthrough” Tiffany Chow, MD	1:15 – 2:30 pm	<i>Medical Plenary Session</i> Understanding Memory Andrew E. Budson, MD
10:00 – 10:20 am	Exhibits	2:30 – 2:45 pm	Break
10:20 – 11:35 am	<i>Care & Support Plenary Session</i> On the Dignity of Deeply Forgetful People Stephen G. Post, PhD	2:45 – 4:00 pm	Workshops (choose 1 of 6)

For Session Agendas, please visit the website: alznj.org/events/education-research-conference/

Stephen G. Post, PhD will present On the Dignity of Deeply Forgetful People

This presentation focuses on the dignity and continuity of degrees of underlying self-identity in people with dementia, who are referred to here as “deeply forgetful people.” In addition to a basic affirmation of this dignity and of moral inclusivity, Dr. Post will provide many examples of caregivers who have been surprised by sporadic expressions of meaning and selfhood in those they tend to. He will also cover in overview many of the spiritual and ethical aspects of caring for “deeply forgetful people” following the chronology of needs and events from diagnosis to the end stage. Dr. Post will touch on his recent study with Dan Cohen on how personalized music interventions allow deeply forgetful people to regain swallowing capacity; and his examination of how sensitivity to expressions of continuing selfhood give meaning, purpose, and hope to caregivers.



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

- Describe how we think about “deeply forgetful people” against the negative background of a hypercognitive culture.
- Describe the meaning behind efforts at communication in deeply forgetful people and learn to interpret these expressions.
- Discuss the most salient ethical issues along the chronological flow of progressive dementia.
- Describe the controversial notion of “rementia.”

Stephen G. Post, PhD is Professor and Founding Director, Center for Medical Humanities, Compassionate Care and Bioethics at Stony Brook University School of Medicine. Dr. Post’s interests include the ways in which empathic care enhance patient outcomes and professional well-being, the meaning and importance of caring for “deeply forgetful people,” and ethical issues across biomedicine. His research has been supported by the National Institute on Aging, the National Human Genome Institute, and the National Institute of Mental Health as well as numerous private foundations. Dr. Post taught at the University of Chicago and Case Western Reserve University Schools of Medicine prior to joining the faculty of Stony Brook University School of Medicine. He is the primary author of over 300 articles in peer-reviewed journals, and has written eight scholarly books on generosity and compassionate care. His book, *The Moral Challenge of Alzheimer’s Disease: Ethical Issues from Diagnosis to Dying*, is considered a pioneering work and termed “a medical classic of the century” by the British Medical Journal. Dr. Post earned a PhD in Ethics from the University of Chicago. He served as an Elected Senior Research Fellow of the Kennedy Institute of Ethics at Georgetown University, and is an Elected Fellow of the Hastings Center for “distinguished contribution to bioethics” and of the New York Academy of Medicine.

Medical Plenary Session**Andrew E. Budson, MD will present Understanding Memory**

Dr. Budson will explain how to distinguish changes in memory due to Alzheimer’s disease versus normal aging, and why false memories occur and are more common in Alzheimer’s. He will present research findings on what medications, vitamins, diets, and exercise regimes can help memory, and on the best habits, strategies, and memory aids to use to improve true memories and reduce false ones.

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

- Explain the changes that occur in Alzheimer’s disease and how they differ from normal aging.
- Describe what causes false memories in anyone, and why they are somewhat more common in normal aging, and much more common in Alzheimer’s.
- Describe how the FDA approved medications to improve memory, work in Alzheimer’s disease.
- Describe what diet has been proven to help reduce cognitive decline.
- List what exercises have been shown to reduce cognitive decline and actually improve memory.
- Describe how strategies and memory aids can improve memory function in day-to-day life.



Andrew E. Budson, M.D. is Chief of Cognitive & Behavioral Neurology, Associate Chief of Staff for Education, and Director of the Center for Translational Cognitive Neuroscience at the Veterans Affairs Boston Healthcare System. He is Associate Director for Research at the Boston University Alzheimer’s Disease Center, Professor of Neurology at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School. A graduate of Harvard Medical School, Dr. Budson was chief resident of the Harvard-Longwood Neurology Residency Program, pursued a fellowship in dementia at Brigham and Women’s Hospital, and studied memory as a post-doctoral fellow in experimental psychology and cognitive neuroscience at Harvard University. Dr. Budson’s current research uses the techniques of experimental psychology and cognitive neuroscience to understand memory in patients with Alzheimer’s disease. A clinician, researcher and professor, he was awarded the Norman Geschwind Prize in Behavioral Neurology in 2008 and the Research Award in Geriatric Neurology in 2009, both from the American Academy of Neurology. Dr. Budson has published over 100 papers, reviews, and book chapters, journals, and has co-authored or edited five books, including *Memory Loss, Alzheimer’s Disease, and Dementia: A Practical Guide for Clinicians*, and *Seven Steps to Managing Your Memory: What’s Normal, What’s Not, and What to Do About It*.

WS-1: Addressing Common Behavioral and Psychological Changes in Dementia

Individuals living with Alzheimer's disease often exhibit behavioral and psychological symptoms as the disease progresses, and these changes can impact quality of life for persons with the disease as well as pose caregiving challenges to both professionals and families. This workshop will describe the pathophysiological changes in Alzheimer's disease and other forms of dementia that may cause these symptoms, and will describe the clinical process of evaluating behavioral and psychological symptoms. This presentation will provide an overview of nonpharmacological and pharmacological interventions to address common symptoms while optimizing patient quality of life. Discussion will include assessment of pain as an element in sleep disturbance and agitation.

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

- Describe the pathophysiological changes that occur in Alzheimer's disease and other forms of dementia that may result in behavioral and psychological symptoms.
- Describe the process of clinical evaluation of behavioral and psychological symptoms.
- Discuss current pharmacological and nonpharmacological interventions for the treatment of behavioral and psychological symptoms.
- Describe the challenges in adjusting medications for the individual, to create optimal effect and enhance quality of life.

Theresa M. Redling, DO, FACP is Medical Director, Geriatric Health and Disease Management Program, Saint Barnabas Medical Center and Assistant Clinical Professor of Medicine, Rutgers New Jersey Medical School. Dr. Redling is board certified in Geriatric Medicine, Internal Medicine, Hospice and Palliative Care. She joined SBMC in 2012 after holding Geriatric Chief positions at Beth Israel Medical Center in NYC and then Newark Beth Israel Medical Center. Her interests include caring for complex elders, diagnosis and treatment—including new drug trials for Alzheimer's and related dementias—and promoting, teaching, and improving the care for health system elders.

Matthew E. Barnas, MD, DFAPA is Geriatric Psychiatrist, Pelorus Elder & Behavioral Health and Clinical Assistant Professor of Psychiatry, Rutgers New Jersey and Robert Wood Johnson Medical Schools. Dr. Barnas is a Diplomate of the American Board of Psychiatry and Neurology and board certified in both Geriatric and Adult Psychiatry. In addition to clinical practice and teaching, he is also an investigator in current research trials for treatments of Alzheimer's and other dementias. Dr. Barnas earned his medical degree from Rutgers-NJMS and completed his fellowship in geriatric psychiatry at Yale University.

WS-2: Advance Care Planning in Dementia Care

Physicians are seeing growing numbers of people living with Alzheimer's disease, and these individuals may also experience acute episodes related to other chronic medical conditions. Dr. Barile will explore some of the barriers that healthcare practitioners face in dementia care, the concerns related to cognitive impairment and comorbidities, and discuss the importance of advance care planning. This workshop will outline strategies to aid individuals with advance care planning. The NJ POLST form (Practitioners' Orders for Life-Sustaining Treatment) will be described as a tool for addressing patient goals, scope

of therapies, and for providing a framework for discussions related to end-of-life care including artificial nutrition, resuscitation, and palliative care.

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

- Describe the barriers faced by health care professionals in managing the complex needs of the individual with dementia.
- List three clinical issues that impact the care of older adults with dementia.
- Describe tools to assist with advance care planning.
- Explain the role of the POLST form in advance care planning.

David R. Barile, MD, is Founder and Chief Medical Officer of Goals of Care Coalition of New Jersey, a non-profit entity devoted to improving medical decision-making for seniors. In addition to his role with Goals of Care, he is Chief of Geriatric Medicine and Medical Director of the Acute Care for the Elderly (ACE) unit at Penn Medicine Princeton Medical Center. He also serves as Medical Director of Princeton Care Center, a skilled nursing and rehabilitation facility. Dr. Barile has been in clinical practice since 2000 and is board certified in Internal, Geriatric, and Hospice/Palliative Medicine.

WS-3: Developing an Adult Day Service for Individuals with Early Stage Dementia

Individuals with early stage dementia or Mild Cognitive Impairment (MCI) benefit by remaining active and engaged, as well as by receiving support. This workshop will provide ideas on how to develop day programming that supports individuals living with early memory loss, through exercise, social opportunities, activities and outings. Discussion will include program design and evaluation, and case examples will illustrate the process of selecting and developing meaningful activities based on participant capabilities and interests.

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

- Explain the need for supportive day programming for individuals with early memory loss.
- Describe steps to designing and evaluating a program for early stage individuals.
- Describe the process of developing and implementing activities that offer meaningful engagement of individuals with early dementia and MCI.

Susan Butler, CSW has been the Director of WISE Adult Day Services of The Gateway Family YMCA since 1998. Prior to assuming that role, she had served as WISE's social worker and assistant director since the program began in 1983. In 2012, she developed and implemented *Connections*, WISE's program for persons with early stage dementia or MCI, which she continues to oversee. Ms. Butler has a BA in sociology from Clark University.

WS-4: Innovative Technology Solutions that Support Alzheimer's Disease

This workshop will discuss new and innovative technology and technological devices that offer support to individuals with Alzheimer's disease and their families and caregivers. Participants will learn about life-enhancing new technologies related to: cognitive assessment, ADLs, communication, medication and medical management, safety, and reminiscence and mental stimulation.

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

- Discuss the various stages of Alzheimer's disease and identify key caregiving needs specific to each stage of the disease.
- Describe 1-2 supportive technologies available today that provide support to individuals with Alzheimer's disease throughout the stages of disease progression.
- Provide examples of future technologies for individuals with dementia that are currently under development.

Leda Rosenthal is founder and CEO of Alz You Need, Inc., a company that specializes in discovering new and innovative technologies that can effectively support individuals with Alzheimer's disease, their families and caregivers. Ms. Rosenthal was inspired to create Alz You Need in 2016, based on her own personal caregiving experiences with her mother, who was diagnosed with young age-onset Alzheimer's disease. Through her personal experiences, Ms. Rosenthal recognized the tremendous need families and caregivers have for technology that can provide dignified and compassionate support for individuals with dementia throughout the stages of the disease. Ms. Rosenthal is the Winner of the 2018 AARP-sponsored Caregiver Accelerator Pitch Competition; a finalist in the 2018 Draper Pitch Competition for Women in Entrepreneurship, and a 2016 Colgate Entrepreneurs Fund winner.

WS-5: Family Support Groups: Lessons for Success

Support groups have proven to be an essential community resource for families caring for loved ones with Alzheimer's disease and other forms of dementia. Support groups provide emotional support, education and practical information that help families and caregivers understand and cope with the disease. Group members report feeling less isolated as a result of sharing and learning from other caregivers in a group setting. This workshop will address common challenges encountered by support group leaders and offer suggestions to help manage group meetings so caregivers are offered a meaningful support group experience.

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

- Describe the benefits of attending a family support group.
- Discuss dementia caregiver concerns for which families seek support in a group setting.
- Name 3 common challenges in leading a support group.
- Identify 3 strategies to manage challenges in leading a support group.

Shelley Steiner, MSW/MPH, LSW, C-ASWCM Support Group Coordinator, Alzheimer's New Jersey. Shelley is a licensed social worker with over 15 years of experience 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 service, where she also facilitated a support group for family caregivers for many years. Ms. Steiner earned a MSW/MPH from Columbia University, and is also a certified geriatric care manager, known today as an aging life specialist.

WS-6: Bring Back the Joy: Harnessing the Power of Music for People Living with Dementia

Music has the power to both calm and energize, and a growing body of literature is identifying cognitive, emotional, and other benefits of engaging people with (and without) dementia through music. This workshop will summarize the highlights of innovative music interventions: iPods and beyond; from one-to-one interventions to choruses such as *The Unforgettables* and *Giving Voice*; and web and local resources for home- and community-based implementation. The presentation will include evidence-based outcomes for people with dementia and their caregivers in landmark studies of music interventions, and recent brain research that underscores the widespread impacts of music.

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

- Describe several ways to implement and/or expand music-based activities with individuals and groups in various settings.
- Access web-based and local resources for implementing innovative music- programming and care in home- and community-based settings.
- Summarize the evidence-based benefits of two music interventions for people with dementia (and their care providers), including impacts on mood and behavior.
- Describe the basic cognitive, emotional, social, and physiological responses of the brain to music in people with and without dementia.

Jan Maier, RN, BSN, MPH, has over 20 years of experience in health and aging research, in music performance and conducting/training, and in culturally-diverse, community-based and psychiatric nursing. Ms. Maier recently retired from 14 years as a Senior Research Analyst at RTI International, including six years with the National Alzheimer's and Dementia Resource Center. With researcher Mary Mittelman, DrPH, of NYU Langone's Center for Cognitive Neurology, and others, she was instrumental in starting the first chorus in the U.S. for people with dementia and their caregivers, *The Unforgettables*. Ms. Maier presents caregiver workshops on how to incorporate music into daily life for those with dementia, and actively networks for national and international collaborative research and programs on music for people living with dementia, their caregivers, and the larger community.

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 and intermediate level), facility administrators, nurses, activity and recreation professionals, and certified care managers 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 level 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 conforms to the generally accepted standards of experimental design, data collection and analysis.

Continuing Education Credits

Activity Professionals (ACC, ADC, AAC)

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

Administrators (LNHA/CALA)

This program has been submitted (but not yet approved) for Continuing Education for 5 total participant hours from NAB/NCERS. Call Kenneth Zaentz at (973) 586-4300 for more information.

Certified Case Managers (CCM)

This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 5 clock hours.

New Jersey Social Workers

Contact Kenneth Zaentz at (973) 586-4300 for more information on NJ Course Approval.

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.

Recreation Therapists

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

**Check alznj.org® for updates
regarding CE approvals**

Additional 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**.

Refund policy: Alzheimer's New Jersey will grant refunds, minus a **\$75 administrative fee**, for cancellations received by end of the business day **April 10, 2019**. After that date, and until **April 24, 2019**, registration substitutions may be arranged by calling Alzheimer's New Jersey at 973-586-4300.

Recording: This conference may not be recorded by any means without the express permission of Alzheimer's New Jersey and Medical Education Resources (MER) and the person(s) whose words or images are being recorded.

Questions or concerns? Call 973-586-4300.



New Directions in Research and Care **2019 Education and Research Conference**

Wednesday, May 1, 2019 • The Palace at Somerset Park

Conference Location

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

1-877-725-2234

palacesomersetpark.com

You can register online at alznj.org®

Registration Checklist

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