14TH ANNUAL CIRCLE OF CARE RETREAT

Saturday, December 1, 2018
9 a.m. to 3:15 p.m.
College of San Mateo
Bayview Dining Room
1700 W Hillsdale Blvd
San Mateo, CA 94402

Registration:
tinyurl.com/COC1218

PRESENTING SPONSORS

San Mateo County Health
Ombudsman Services
Palo Alto Commons

PROGRAM

9 a.m. Exhibitor Fair, Registration & Breakfast
10 a.m. Healthy Living for Your Brain and Body: Tips from the Latest Research
Claire Day
11 a.m. Maximizing Quality of Life Through the Stages of Alzheimer’s
Alexandra Morris, MA

Noon Lunch

TRACK A: For those with a diagnosis of MCI or early stage Alzheimer’s and care partners
1 p.m. Early Stage Speaker: What Does Support Look Like for Me?
Kitty Lynch
1:15 p.m. How Can We Start Conversations Now That Will Support Our Future Care?
Mary E. Matthiesen
2 p.m. Chair Yoga/Active Stretching
Betsy Slavit
2:20 p.m. Early Stage Speaker: My Experiences Participating in Alzheimer’s Research
Michael Mancusi
2:30 p.m. Common Questions About Participating in Research: A Candid Conversation
Mary Koestler, RN, PhD, CCRC; Claire Day; Vanessa Souza (Moderator)

TRACK B: For care partners, caring for someone with middle or late stage Alzheimer’s
1 p.m. Effective Communication Strategies
Patt Martin & Jon Lucas
2 p.m. Getting the Support You Want: Perspectives and Resources
Marilyn Jankowski, LCSW; Patt Martin; Jon Lucas; Mary Hulme, LCSW
3 p.m. Conclusion & Evaluations

Online conference registration available at tinyurl.com/COC1218

Presenting Sponsor:
2290 North First Street, Suite 101
San Jose, CA 95131
800.272.3900
alz.org/norcal
norcal-Education@alz.org
REGISTRATION:
(please photocopy this form for multiple registrations)

Secure Online Registration: tinyurl.com/COC1218
Deadline Friday, November 16, 2018 | Limited Walk-ins

Name: ____________________________________________
Address: ________________________________________
City:___________________State:_________Zip Code:_______
E-mail address: ___________________________________
Telephone: ________________________________

Race/ Ethnicity:
❑ American Indian/Alaskan Native
❑ Asian
❑ Black/ African American
❑ Hispanic/Latino
❑ Native Hawaiian/ Other Pacific Islander
❑ White/ Caucasian
❑ Two or more races
❑ Other Race __________

How would you describe yourself:
❑ family caregiver
❑ friend of a person with dementia
❑ person living with early stage dementia
❑ other __________

If you selected care partner, please provide name of person with dementia: ________________________________

Fees:
$30 Family/ General Registration.
Limited Scholarships Available. Please contact Blanca Vazquez-Arias 408.372.9922 to request scholarship.

Breakout Sessions (please pick one):
❑ Track A: For those with a diagnosis of MCI or early stage Alzheimer’s and care partners
❑ Track B: For care partners, caring for someone with dementia

For payment by check, please send registration form along with check payable to:
Alzheimer’s Association, Circle of Care, 2290 North First Street, Suite 101
San Jose, CA 95131

Credit Card Payment: (Visa, MasterCard or AmEx)
Card Holder Name: _________________________________
Card Number: ____________________________________
Expiration Date: __________________
Signature: _______________________________________

Credit card registrations may also be phoned to our office: 408.372.9922

14th Annual Circle of Care Retreat
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DESCRIPTION
This is a day for individuals living with MCI or early stage Alzheimer’s, and care partners helping to care for someone in any stage of dementia, to recharge and walk away feeling encouraged and empowered! The agenda will include a variety of perspectives- from professionals, to those living with Alzheimer’s, to family members. Learn how to live well with Alzheimer’s, engage in healthy habits, tap into community resources, and build upon strengths. You are not alone. There will be ample time to learn about local resources through an interactive exhibitor fair, and attendees will leave with tangible take-home tools.

PLANNING COMMITTEE
Blanca Vazquez, Program Specialist, Alzheimer’s Association
Christina Irving, Family Consultant, Family Caregiver Alliance
Kitty Lynch, Early Stage Perspective
Kirsten Irgens-Moller, Program Manager
Lionel Engelman, Family Caregiver & Advocate
Pauline Martinez, Education Services Manager
Alzheimer’s Association
Susan A. Barber, Community Education Manager
Mission Hospice & Home Care
Vanessa Souza, Early Stage Program Coordinator
Alzheimer’s Association

FACULTY

Betsy Slavit, Certified Yoga Instructor, Speech Pathologist, Volunteer, Mission Hospice & Home Care

Claire Day, Chief Program Officer, Alzheimer’s Association, Northern California & Northern Nevada Chapter

Alexandra Morris, MA, Professional Training Specialist, Alzheimer’s Association, Northern California & Northern Nevada Chapter

Jon Lucas, Alzheimer’s Advocate, Support Group Facilitator, & Family Caregiver

Kitty Lynch, Early Stage Speaker

Marilyn Jankowski, LCSW, Dementia Consultant

Mary Hulme, LCSW, Founder, Moonstone Geriatrics

Mary Koestler, RN, PhD, CCRC, Assistant Professor, Clinical Trials Nurse Manager, UCSF Memory and Aging Center

Mary E. Matthiesen, Community Engagement & Education Director, Mission Hospice & Home Care

Michael Mancusi, Early Stage Speaker

Patt Martin, Alzheimer’s Advocate and Experienced Family Caregiver

Vanessa Souza, Early Stage Program Coordinator, Alzheimer’s Association, Northern California & Northern Nevada Chapter

RESpite resources

For respite care or in-home-care, you may apply for our Alzheimer’s Association Respite Grant Fund. This grant is intended to provide the means for those who need the respite coverage for the purposes of attending the conference. Please do not apply for funds to cover your existing caregiver. If you qualify, the Alzheimer’s Association will pay the respite caregiver directly. Contact Tiffany Mikles for an application: tmikles@alz.org, 408.372.9900.

PRIMARY SPONSORS:

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