

April 28, 2023

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**MEMORY CARE
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Dementia Across the Continuum

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— EST. 1818 —



MEMORY CARE HOME SOLUTIONS *Continuing Education Event*

HOSTED BY

Saint Louis University
Gateway Geriatric Education Center

About

Memory Care Home Solutions

Continuing Education Event

hosted by Saint Louis University Gateway Geriatric Education Center

MCHS is committed to providing education and training to the community, service providers, and healthcare professionals. Every year, we host our Annual Continuing Education Event and this year the workshop will discuss the benefits of a multidisciplinary approach to maximize functional abilities at each dementia stage. Expert presenters from hospital, home, rehab, and long-term care settings include Keynote Speaker, Dr. Lenise Cummings-Vaughn, Dr. Beth Templin, Dr. Sarah Pease, Amy Sobrino, MSW, LCSW and Jill Cigliana, MSOT, OTR/L. Learners will gain skills for effective communication strategies as well as a structured and organized approach to identify appropriate interventions across dementia care settings.

Course Objectives

1. Learners will identify dementia best practices across the continuum of care, including home, long-term care communities, and hospitals.
2. Learners will evaluate the benefits of multidisciplinary approach to maximize functional abilities at each dementia stage.
3. Learners will describe effective approaches in communicating and working with persons with dementia and their care partners in a variety of settings.
4. Learners will use a structured and organized approach to identify appropriate interventions across dementia care settings.
5. Learners will recognize the value of promoting well-being of care partners at each dementia stage.



Agenda

8:00 – 8:30 am: Welcome & Introductions from Jill Cigliana, MSOT, OTR/L & Marla Berg-Weger, Ph.D., LCSW

8:30–10 am: Dr. Lenise Cummings-Vaughn, MD, CMD on medical management of dementia, best practices in hospital & long-term care settings

10:00 – 10:15 am: Break & Vendor Fair

10:15 – 12:00 pm: Dr. Sarah Pease, OTR/L & Amy Sobrino, MSW, LCSW on non-pharmacological management of dementia, best practices in home setting, and planning for transitions in care

12:00 – 1:00 pm: Lunch & Vendor Fair

1:00 – 2:30 pm: Dr. Beth Templin, PT, DPT, GCS on functioning and training for dementia, best practices in community setting

2:30 – 2:45 pm: Break & Vendor Fair

2:45 – 4:00 pm: Jill Cigliana, MSOT, OTR/L & Lived Experience of Dementia Panel

4:00 – 4:30 pm: Closing/completion of course evaluation

Thank You

*A special thank you to all who partnered with us as sponsors, exhibitors or with an advertisement. You made this event possible.
Thank you for joining us today!*

Meet Our Speakers

Keynote Speaker: Dr. Lenise Cummings-Vaughn, MD, CMD



Dr. Cummings-Vaughn provides care for older adults in the outpatient, inpatient, and long-term care settings as an Associate Professor of Medicine, in the Division of Geriatrics and Nutritional Sciences, at Washington University in Saint Louis. She is the Medical Director for the Stay Healthy Clinic and Outpatient Program, the primary readmission prevention program at Barnes Jewish Hospital, Associate Medical Director for an all-dementia nursing facility and a clinician in the Memory and Aging Project at the Knight Alzheimer's Disease Research Center. She has been member of the Ethnogeriatrics Committee for the American Geriatrics Society (2015-2021), steering committee member for the Milken Institute Alliance to Improve Dementia Care, and co-authored a volume that systematically analyzes and discusses issues related to working in clinical and research settings with diverse populations of older adults. She is a faculty member and advisory board member for the Institute for Healthcare Improvement Age-Friendly Health Systems and participates in the efforts to expand the movement by serving as faculty for American Hospital Association and Geriatric Academic Career Award Action Communities.

Dr. Beth Templin



Dr. Beth Templin is the owner and founder of HouseFit Physical Therapy & Fitness. She has always had a passion for working with the aging population.

She is a Board-Certified Specialist in Geriatric Physical Therapy and received her Doctorate of Physical Therapy from Washington University in Saint Louis.

After years of working in healthcare and seeing huge gaps in how care was being delivered to aging adults, she wanted to find a way to serve them better. In 2017, she created HouseFit, a physical therapy clinic specializing in helping people 55+ to stay active and independent. Dr. Beth is passionate about assisting people 55 and older to be proactive about maintaining their lifestyle and fitness levels so they can remain active and independent throughout their lives. As an aging advocate, she educates and empowers the community to make better decisions about their health.

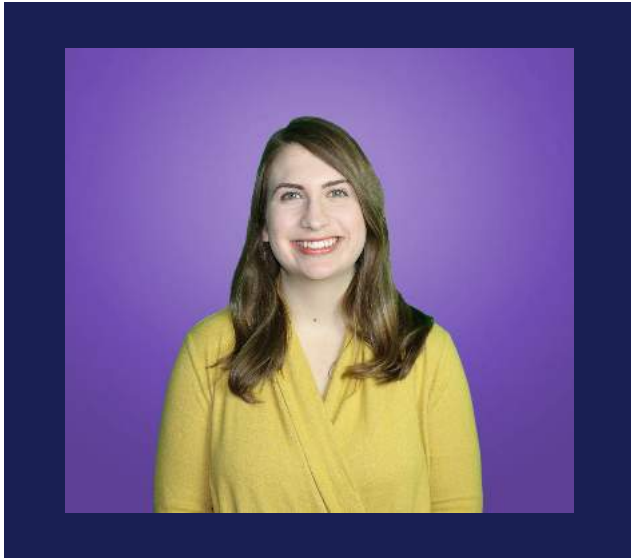
Dr. Sarah Pease

Dr. Pease is an occupational therapist at Memory Care Home Solutions. She holds a Bachelor of Science in Exercise and Sport Science from University of Wisconsin – La Crosse and a Doctorate of Occupational Therapy from Washington University School of Medicine in St. Louis.

Sarah is passionate about working with older adults and strives to provide evidence-based and individualized care that promotes dignity and quality of life for all. She has experience across the continuum of care including acute care, skilled nursing facilities, assisted living, retirement communities and home-based care. She uses her personal and professional interests in holistic health to proactively work with the geriatric population and their families to promote aging in place and optimal aging.



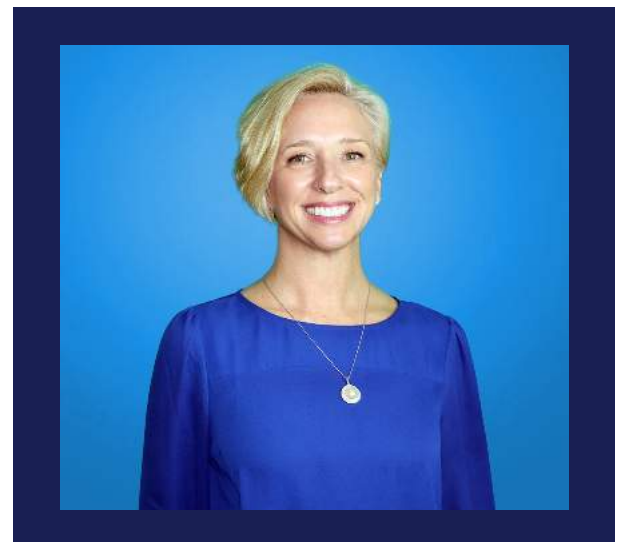
Amy Sobrino, MSW, LCSW



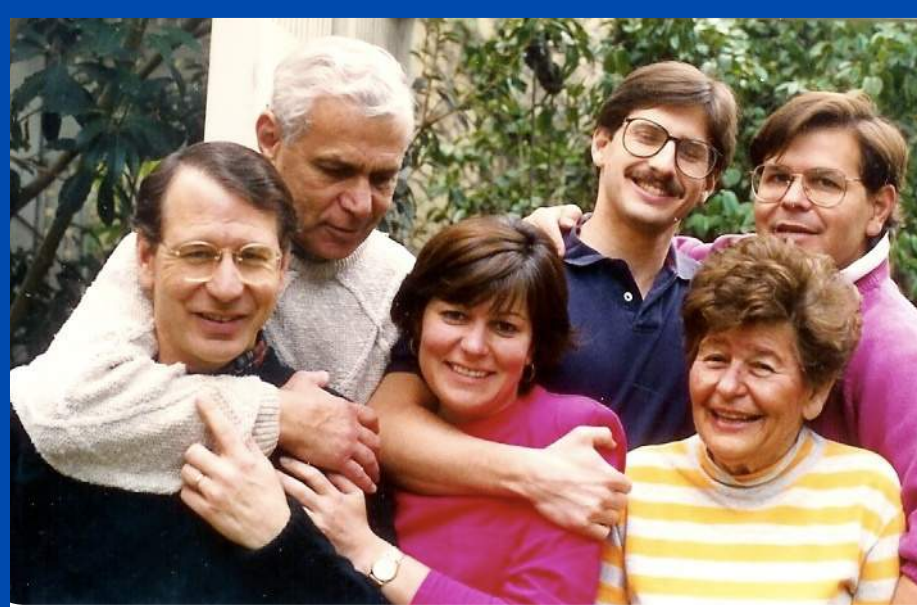
Amy Sobrino is a licensed clinical social worker specializing in working with people living with Alzheimer's disease and related dementia and their care partners. After her experience caring for her grandmother living with Alzheimer's disease, Amy earned her Bachelor's of Social Work degree at Southern Illinois University Edwardsville and Master's of Social Work degree and Gerontology specialization from Saint Louis University. Amy is currently employed at Memory Care Home Solutions, a non-profit organization that provides education and support to care partners and persons living with Alzheimer's disease and related dementia. In addition to her role at Memory Care Home Solutions, Amy and her family founded Effingham Area Alzheimer's Awareness, a non-profit organization in central Illinois that provides rural dementia education and support.

Jill Cigliana, MSOT, OTR/L

Jill Cigliana is Program Director at Memory Care Home Solutions, a non-profit organization in St. Louis, Missouri, where she implements and evaluates evidence-based programs to improve the health and well-being of people living with dementia and their family care partners. Jill supervises an interdisciplinary team of clinicians who work to extend and improve quality time at home for clients and families through the delivery of non-pharmacological dementia interventions. She has more than 23 years of experience serving this population in acute, home health, and community-based settings and holds a M.S. in Occupational Therapy from Washington University in St. Louis, MO. She is a licensed Occupational Therapist and a member of the American Occupational Therapy Association.



Memory Care Home Solutions



Memory Care Home Solutions provides **FREE** Dementia Navigation services to equip families with resources and skills to manage the progression of dementia at home. As a non-profit, this would not be made possible without generous donations and grant funding.

In addition to Dementia Navigation, MCHS provides:

Occupational Therapy & Home Safety Assessments 



Psychotherapy and Counseling for Care Partners

Continuing Education & Professional Training



If you or anyone you know could benefit, please email us at help@memorycarehs.org or call us at 314-645-6247

Implementing Care Ecosystem

Thanks to a \$1.3 million collaborative agreement from The Department of Health and Human Services Administration for Community Living (ACL), Memory Care Home Solutions (MCHS) will serve more than 800 families experiencing Alzheimer's disease and related dementias with evidence-based dementia navigation. MCHS selected a model of dementia care called the "**Care Ecosystem**", developed by the University of California San Francisco, to implement in community practice in St. Louis and throughout Missouri. This program has proven benefits for people living with dementia and their care partners, including improved health and well-being.

MCHS is **one of only ten organizations** in the country selected for funding. These projects aim to support and promote the development and expansion of dementia-capable home and community-based service systems in both states and communities.

MCHS has offered dementia services in the St. Louis metropolitan area for over 20 years, with a mission to extend and improve time at home for people living with dementia and their families. "During the last two decades, MCHS developed a package of quality, evidenced-based strategies that have assisted thousands of individuals caring for a loved one with dementia. As MCHS enters its third decade, we will capitalize on our success and excellence to improve the standard of care for home and community-based dementia treatment. We will continue offering our stellar program, create a replicable model and build partnerships to advance public awareness and policy change," commented Lisa Baron, Executive Director of Memory Care Home Solutions. "Through this award, MCHS will bring effective treatment to our region to help people with dementia and their families experience dignity and quality of life at home."



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The Alzheimer's Association Greater Missouri Chapter offers assistance to keep individuals living with dementia, their caregivers and family members supported, connected and engaged.

The following programs and services are free and available for all:

- **24/7 Helpline**—Our free Helpline connects you with specialists who offer confidential help and decision-making support, crisis assistance and education on issues families face every day.
- **Support Groups**—We offer groups for caregivers, individuals living with dementia and others dealing with the disease. All support groups are facilitated by trained individuals.
- **Education Programs**—Our free education classes teach participants about the signs, symptoms, causes, risk factors, diagnosis, treatment, care strategies and resources for individuals impacted by dementia.
- **Care Consultations**—This free service with our social workers helps individuals and families navigate through the difficult decisions and uncertainties that is the journey of dementia.

To learn more visit
alz.org/greatermissouri
or call our 24/7 Helpline
at **800.272.3900**.

Connect with our social media @alzgreatermo



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Gateway Geriatric Education Center

Geriatric education for future and current professionals who provide care for older adults and their care partners and services, including:

Aging and Memory Clinic offers groups for Cognitive Stimulation Therapy (CST), Circle of Friends, and caregivers and a monthly caregiver lecture series

Interprofessional Geriatric Assessment: this free monthly clinic includes assessment by six disciplines

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For more information, visit: aging.slu.edu

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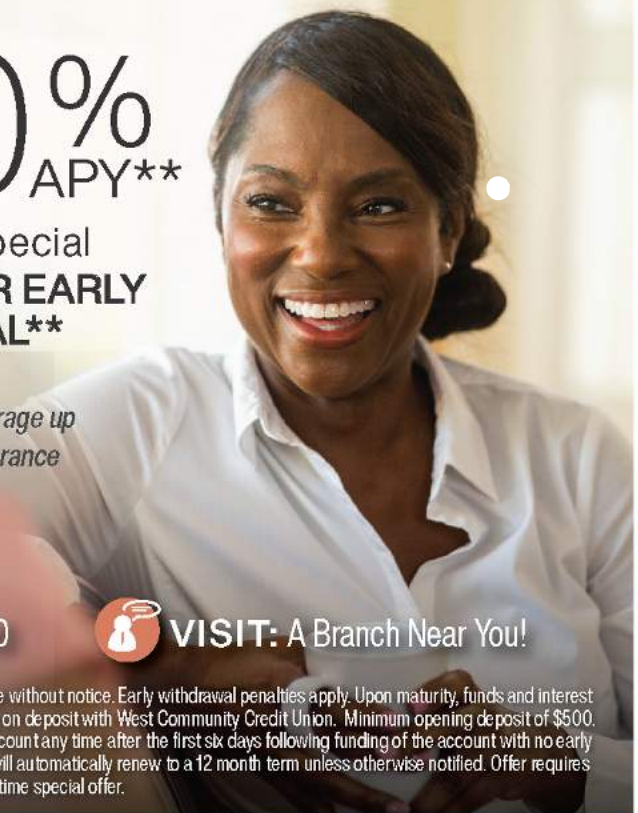
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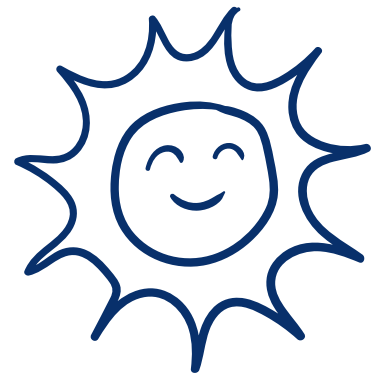
Join us for more great opportunities for education, connection, and partnership.



Community Education Lunch & Learn's provides a chance for the community to tour our caregiver training facility and learn about how MCHS can help your family while getting a delicious catered lunch and networking with other organizations!

The next tours occur on **June 7th and September 6th**. Limited seating available. **Registration required.**

Our **Annual Spring Campaign** will begin in April and will culminate into a day of gratitude and day of giving on **Thursday, May 11th**. Help change the life of a family by springing into action and giving to MCHS today. Because of generous supporters, no family is turned away.



Our **Spring Open House** on **Wednesday, May 24th**. Visit our headquarters and caregiver training venue, enjoy light refreshments, learn more about MCHS, and network!

Our **Annual Gala and Auction** will be on **Saturday, November 18th** at Palladium St. Louis. You won't want to miss a night focused on the future of quality dementia care featuring the Charles Glenn Trio!



To learn more and stay connected, contact Candace Schwartzkopf at CSchwartzkopf@memorycaresh.org

Memory Care Home Solutions exists to improve dignity and quality of life for people living with dementia and their care partners by transforming evidence-based interventions into effective healthcare solutions.

Because of supporters like you, we have provided hope and quality of life to families for *over 20 years. Thank you!*

Scan here to make an impact today!

