



**FRIDAY APRIL 25, 2025  
ST LOUIS UNIVERSITY  
LEARNING RESOURCE CENTER**

**MORE THAN MEMORY LOSS:  
UNDERSTANDING BEHAVIORAL AND  
PSYCHOLOGICAL SYMPTOMS OF  
DEMENTIA**

**MEMORY CARE HOME SOLUTIONS  
PROFESSIONAL EDUCATION EVENT**

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# AGENDA

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

**8:30 – 9:45 am:** “An Update on the Pharmacological Management of Behavioral and Psychological Symptoms of Dementia” with Dr. David Carr

**9:45 – 10:45 am:** Jill Cigliana, MSOT, OTR/L & Panel on Real Life, In-Home Caregiver Experiences, from family care partners who support loved ones with dementia on a daily basis.

**10:45 – 11:00 am:** Break

**11:00 am – 12:15 pm:** “Applied Improvisation: Strengthening Communication and Navigating Challenging Interactions” with Ann Marie Mohr, Project Present

**12:15 – 1:15 pm** Lunch & Vendor Fair

**1:15 pm:** Welcome back & recap from morning

**1:15 – 3:15 pm:** “Recognizing, Preventing and Managing BPSD: Evidence-Based Strategies for Dementia Care” with Melissa Smith, MSOT, OTR/L, Director of Programs and Mackenzie Jones, BSW, Dementia Navigator at Memory Care Home Solutions.

**3:15 – 3:30 pm:** Break

**3:30 – 4:00 pm:** Jill Cigliana, MSOT, OTR/L & Lived Experience Presentation: Amelia Cottle, Dementia Diseases Guide/Educator/Advocate

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

## THANK YOU

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Your support made this event possible.

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## SESSION SUPPORTER



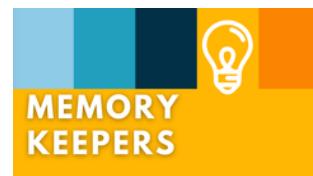
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# ABOUT

## Memory Care Home Solutions

### Professional Education Event in partnership with Saint Louis University School of Medicine/Family Center for Healthy Aging

Caring for individuals with dementia presents unique challenges, particularly in managing the complex behavioral and psychological symptoms of dementia (BPSD). As advancements in pharmacological treatments emerge and the new CMS funding model pilot rolls out, the demand for dementia care expertise continues to grow. MCHS is committed to providing education and training to the community, service providers and health care professionals. This year's Annual Professional Education Event provides practical tools to enhance care quality and support the dignity of individuals living with dementia. Our immersive, full-day workshop equips attendees with evidence-based pharmacological and non-pharmacological strategies to address some of the most challenging behaviors in dementia care, including agitation, aggression, inappropriate sexual behaviors, and resistance to personal care such as bathing. Participants will gain insights from a multidisciplinary team of experts in geriatric medicine, occupational therapy, and dementia care services, along with invaluable perspectives from family care partners who navigate these challenges daily.

### Course Objectives

1. Describe the clinical presentation and sequence of progression of Alzheimer's disease and related dementia (ADRD), including the functional changes and associated behavioral and psychological symptoms of dementia.
2. Explore pharmacological and non-pharmacological strategies to enhance care quality and safety for patients with Alzheimer's disease and related dementia.
3. Develop evidence-based communication techniques to effectively support individuals with dementia exhibiting challenging behaviors and symptoms.
4. Identify and analyze environmental and contextual factors that contribute to or trigger behavioral and psychological symptoms of dementia (BPSD).
5. Practice verbal and non-verbal engagement strategies to promote cooperation and reduce distress during challenging interactions in dementia care.



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# MEET OUR SPEAKERS

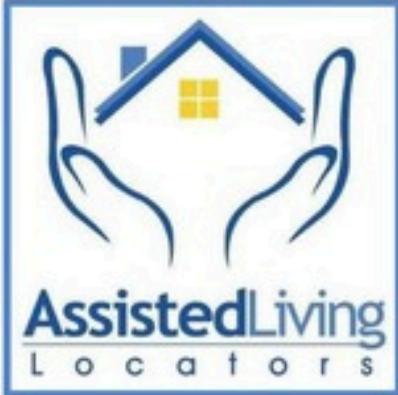
## **Keynote Speaker: Dr. David Carr, MD Medical Director, Memory Care Home Solutions**



David B. Carr, MD, professor of medicine and of neurology, is recognized as an outstanding clinician in the area of geriatric care, rehabilitation and dementia.

Carr graduated from the University of Missouri School of Medicine in 1985 and completed his residency in internal medicine in 1988 at the Michigan State University Hospitals. He completed a geriatrics fellowship at Duke University. He joined the Washington University faculty in 1994.

Dr. Carr is the Alan A. and Edith L. Wolff Professor of Geriatric Medicine in the Department of Medicine and Neurology at Washington University in St. Louis. Dr. Carr is also the Section Head of Geriatrics in the Division of General Medicine and Geriatrics. He has an outpatient dementia practice in the Geriatric Assessment Clinic in the Department of Medicine and is a clinician in the Memory Diagnostic Center in the Department of Neurology. He is a site PI or sub PI with Alzheimer's Disease drug trials in the Knight Alzheimer's Disease Clinical Trials Unit. He has been and/or currently is a principal investigator or co-investigator on research initiatives with past or current funding through NIA and the Missouri Department of Transportation. His research areas include studying older drivers and assisting in validating AD biomarker tests in the community. He also has been active in consulting work with NHTSA, TIRF, University of Toronto, Medscape, UpToDate, and the American Geriatric Society and will often assist and participate in developing national guidelines related to fitness to drive in medically impaired older adults. He has been the primary author or co-author on over 100 peer review manuscripts and chapters, most related to older drivers.



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# Jill Cigliana, MSOT, OTR/L



Jill Cigliana, a leader and catalyst for positive change in the field of dementia care, serves as Executive Director of Memory Care Home Solutions. With over 24 years of experience in acute and post-acute healthcare settings, Jill leads a dynamic team of professionals who push the boundaries of conventional approaches to pave the way for a more compassionate and effective future in the landscape of home and community-based dementia care. She holds a M.S. degree in Occupational Therapy from Washington University in St. Louis and currently leads the Dementia Community of Practice for the American Occupational Therapy Association. She has served as Project Director for multiple grants in the Administration for Community Living's Alzheimer's Disease Program Initiative.

## Amelia Cottle, Dementia Diseases Guide/Educator/Advocate

Amelia Cottle's husband, Brian, was diagnosed at age 52 with early-onset Alzheimer's disease in April 2012 and died at their rural home in June 2017. Shortly after her husband was diagnosed, her father was placed in a care facility due to a diagnosis of vascular dementia; he died in 2019. These experiences shaped a life that takes her across Missouri as an educator and advocate for the dementia community. A dynamic and engaging speaker, she channels her deeply personal experiences into educational presentations filled with purpose, mission, humor, and love.





# No Family Should Face Dementia Alone.

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**Memory Care Home Solutions (MCHS)** services provide people living with dementia and their informal caregivers with essential support to manage the progression of dementia at home.



### **MCHS services include:**

- **Ongoing FREE Dementia Navigation**
- **Occupational Therapy and Home Safety Assessment**
- **Counseling for Family Caregivers**
- **Professional & Community Education**

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MCHS is a 501(c)3 non-profit whose mission is to improve dignity and quality of life for people living with dementia and their families by transforming evidence-based interventions into accessible healthcare solutions.

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# Ann Marie Mohr, Project Present



Ann Marie Mohr has taught at Washington University since 2006. She teaches Acting, Improvisation, and Embodied Communication courses. Mohr is the Executive Director of Project Present, whose mission is to improve the quality of life for older adults, caregivers, and individuals living with Alzheimer's disease and related dementias. Project Present provides improv sessions, communication training, support groups, and caregiver immersive sessions to create connections, strengthen communication practices, and promote joyful collaboration. Project Present's evidence-based programming combats isolation, reduces stress, and cultivates creativity with organizations, professionals, and individuals both locally and nationally.

Mohr created Mohr Improv, an organization devoted to communication training and the facilitation of applied improvisation workshops to build collaborative practices, strengthen communication practices, and cultivate creativity within businesses and organizations. She has worked with groups including Channel 5 News, Purina, Abbot Pharmaceuticals, Husch Blackwell, Wash U's Center for Interprofessional Practice and Education, the Pritzker Group, Washington University's medical school and business school. Mohr was founder and Artistic Director of OnSite Theater Company, St. Louis's premier site-specific theater company for ten years. Mohr has her M.A. in Drama, is a Professional Applied Improv Practitioner, a Certified Dementia Practitioner, a Master Interprofessional Educator, has studied both improv and drama therapy, and attended Washington University's Alzheimer's Disease Research Center's Clinician Partner's Program. She has taught, directed, and acted both locally and internationally.

# **Melissa Smith, MSOT, OTR/L**



Melissa Smith, is the Director of Programs at Memory Care Home Solutions, where she leads program delivery, evaluation, and community partnerships to improve care and quality of life for people living with dementia and their families. She earned her Bachelor of Science from McKendree University and her Master of Science in Occupational Therapy from Washington University School of Medicine in St. Louis. With over 20 years of experience as an occupational therapist, Melissa has held leadership roles focusing on program development, team management, and health equity. Her extensive experience in nonprofit leadership, combined with clinical expertise as an occupational therapist, contributes to her dedication to improving care and advocacy for vulnerable populations.

## **Mackenzie Jones, BSW**

Mackenzie Jones is a Dementia Navigator at Memory Care Home Solutions. She holds a Bachelor of Science with a major in Social Work from Hannibal-LaGrange University. She is passionate about her work at Memory Care Home Solutions, providing education and support to care partners and persons living with Alzheimer's disease and related dementias. Mackenzie has experience working with older adults in many settings including skilled nursing facilities, in-home care, and community case management.





# STAFF & LEADERSHIP

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# NOTES

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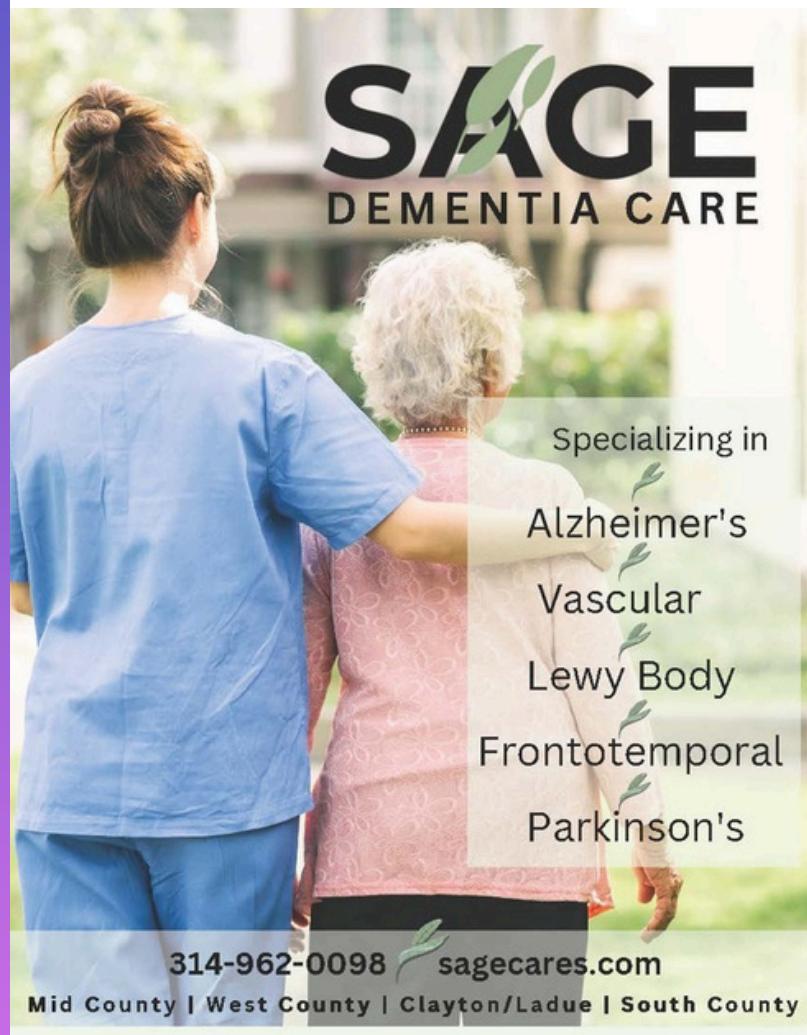
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# NOTES



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## AREA AGENCIES ON AGING (AAA)



AAAs coordinate and offer services that help older adults remain in their homes, if that is their preference, aided by services such as home-delivered meals, homemaker assistance, and whatever else it may take to make independent living a viable option. By making a range of supports available, AAAs make it possible for older individuals to choose the services and living arrangements that suit them best.

## NOTES

# NOTES



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## NOTES

# NOTES



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*Buffy*

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## NOTES



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# 2025 Events



For more information and to RSVP, scan the event QR code or visit:  
[www.memorycarehs.org/events](http://www.memorycarehs.org/events)

## Open House

- Thursday, May 22 | 3:30 pm - 6:00 pm

## Lunch & Learn

- Wednesday, June 4 | 11:30 am - 1:00 pm

## Baron Family Society Coffee with Clinicians

- Monday, June 23 | 8:30 am - 10:30 am

## Lunch & Learn

- Wednesday, September 3 | 11:30 am - 1:00 pm

## Baron Family Society Director's Circle Luncheon

- Thursday, Sept 11

## Open House

- Thursday, October 16 | 3:30 - 6:00 pm

## Annual Gala & Auction

- Saturday, November 15 | 6:00 pm - 11:00 pm

## Lunch & Learn

- Wednesday, December 3 | 11:30 am - 1:00 pm

**Baron Family Society** - Joining the Baron Family Society supports Memory Care Home Solutions' mission by helping sustain programs and expand impact year-round. As a member, you'll make a meaningful difference while enjoying exclusive opportunities with a community of dedicated philanthropists.

**Open House** - Visit our headquarters and caregiver training venue, enjoy light refreshments, learn more about MCHS, and network.

**Lunch & Learn** - Provides a chance for the community to experience a guided tour of our caregiver training venue and learn about how MCHS can help your families. A delicious lunch is served as other families and community partners network together. Limited seating available. **Registration required.**

**Annual Gala and Auction** - You won't want to miss a night focused on the future of quality dementia care

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PRE TEST & POST TEST



PRE TEST



POST TEST

ACCESS THE EVENT SLIDES HERE



If you have any questions about your certificate of continuing education units, please contact Kailyn Lyles at Saint Louis University  
[kailyn.lyles@health.slu.edu](mailto:kailyn.lyles@health.slu.edu)



## MEMORY CARE HOME SOLUTIONS®

[www.MEMORYCAREHS.org](http://www.MEMORYCAREHS.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.

With your help, we can ensure that every family, whether just beginning their journey or continuing to navigate the challenges of dementia, receives the one-on-one guidance and compassionate care they urgently need.

**MAKE AN IMPACT TODAY!**

