



20TH ANNUAL

MICHIGAN DEMENTIA EDUCATION NETWORK

MEETING ON JUNE 6 & 7, 2018 AT TREETOPS RESORT
3962 WILKINSON RD., GAYLORD, MI

SLEEP & DEMENTIA: CHALLENGES & INTERVENTIONS

SPONSORED BY: The Michigan Department of Health and Human Services

SUPPORTED BY: The Michigan Department of Health and Human Services, through the Michigan Association of CMH Boards, has provided funding for this initiative through a Federal Community Mental Health Block Grant.

ABOUT MDEN:

MDEN is a network of experienced dementia educators who specialize in training professional and family caregivers.

QUESTIONS?

Call Chris Curtin at 231.499.8926 or email at chriscurtinassociates@gmail.com

MDEN MEETING AT A GLANCE

WEDNESDAY, JUNE 6, 2018

- 10:30 am** Registration
11:00 am Lunch
11:45 am Welcome and Brief Introductions
Facilitator:: Alyson Rush, LMSW
12:30 pm What's New in Alzheimer's Research?
Presenter: Bruno Giordani, PhD
2:00 pm Panel Presentation- families and persons with dementia discuss sleep challenges
Facilitator: Chris Curtin RN-BC
3:00 pm Break
3:15 pm Small Group Activity: Identifying Sleep Preferences and Challenges
Facilitator: Marci Cameron, MA
4:15 pm Break
4:30 pm Sleep, Dementia, and the Brain: The function, benefits, challenges, and favorable conditions of sleep for a person with dementia and those who care.
Presenter: Shelly Weaverdyck, PhD
5:30 pm Group Exercise: Relevance of MDEN Topics in Our Work
Facilitator: Marci Cameron, MA
6:30 pm Dinner

THURSDAY, JUNE 7, 2018

- 7:30 am** Breakfast
8:30 am Better Quality and Amount of Sleep
Presenter: Bill Sides RPSGT, RST, RRT, LRT, McLaren Northern Michigan Sleep Centers
9:30 am Break
9:45 am MDHHS Updates on Selected Initiatives in Education and Support Services
Facilitator: Alyson Rush, LMSW
10:15 am Sleep, Dementia, and the Brain: The function, benefits, challenges, and favorable conditions of sleep for a person with dementia and those who care. (continued)
Presenter: Shelly Weaverdyck, PhD
11:00 am Break and check out
11:15 am Sleep, Dementia, and the Brain: The function, benefits, challenges, and favorable conditions of sleep for a person with dementia and those who care. (continued)
Presenter: Shelly Weaverdyck, PhD
12:15 pm Application of Content, *Chris Curtin, RN-BC*
1:00 pm Lunch

MDEN MEETING OBJECTIVES

1. Identify recent advances in dementia.
2. Examine reasons a person with dementia may experience sleep difficulties.
3. Describe how brain changes in dementia may affect sleep.
4. Explore interventions that increase the quality and quantity of sleep in a person with dementia and in caregivers.

Dr. Giordani is the Associate Director of the Michigan Alzheimer's Research Center. He is a Chief of Psychology, and a tenured Professor in the Psychiatry, Neurology, and Psychology Departments as well as the School of Nursing at the University of Michigan. He has served on the Executive Board of the Alzheimer's Association, Michigan Great Lakes Chapter since 2007.

Bill Sides RPSGT, RST, RRT, LRT is the Manager, McLaren Northern Michigan Sleep Centers, Member Center of American Academy of Sleep Medicine, Neurophysiology and Pulmonary Diagnostics. Bill works closely with his colleagues and physician partners, treating patients of Northern Michigan for the past 20 years. Bill manages accredited sleep disorder centers in Gaylord, Petoskey, Cheboygan, and Newberry.

SAVE THE DATE
MDEN Annual Meeting
June 5th & 6th, 2019

SESSION DESCRIPTIONS

WHAT'S NEW IN ALZHEIMER'S RESEARCH?

Bruno Giordani, PhD, Associate Director of the Michigan Alzheimer's Disease Center, Chief of Psychology, and a tenured Professor in the Psychiatry, Neurology, and Psychology Departments and the School of Nursing at the University of Michigan will provide the findings of the latest research including new information on risk factors, prevention and treatment approaches.

PANEL PRESENTATION

People with dementia and caregivers will describe their experiences with sleep difficulties.
Facilitator: Chris Curtin, RN-BC

SMALL GROUP ACTIVITY:

SLEEP PREFERENCES AND CHALLENGES

This session will explore our own experiences and preferences related to sleep. We will look at causes and effects of adequate and inadequate sleep, as well as how we address challenges related to getting a good night's sleep.

SLEEP, DEMENTIA, AND THE BRAIN: THE FUNCTION, BENEFITS, CHALLENGES, AND FAVORABLE CONDITIONS OF SLEEP FOR A PERSON WITH DEMENTIA AND THOSE WHO CARE.

Shelly Weaverdyck, PhD, Independent Consultant, Ann Arbor, Michigan will explore the role of the brain in sleep. She will identify how changes in the brain in dementia affect the quality and quantity of sleep. The unique challenges and benefits of sleep including its impact on physical, emotional, and cognitive health will be considered. Interventions to enhance the experience of sleep for the person with dementia and for those who care for and about them will also be explored.

GROUP EXERCISE – RELEVANCE OF MDEN TOPICS TO OUR WORK

Participants will meet to discuss a chosen topic. The format is designed to give MDEN colleagues an opportunity to share valuable insights, obtain feedback, brainstorm and share experiences.

BETTER QUALITY AND AMOUNT OF SLEEP

Bill Sides RPSGT, RST, RRT, LRT will identify general principles of good sleep hygiene. He will identify ways a caregiver can increase the quantity and quality of their sleep. Bill will describe strategies and interventions when stress, frequent awakening during the night, fatigue and depression contribute to the loss of sleep.

MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES UPDATE ON SELECTED DEMENTIA CARE INITIATIVES IN EDUCATION AND SUPPORT SERVICES.

Alyson Rush, LMSW, Mental Rehabilitation Specialist, MDHHS, will present an overview of state and federal initiatives. Dementia education activities in the state will be discussed.

APPLICATION OF CONTENT

Chris Curtin, RN-BC will facilitate a discussion about how to apply what we have learned over the entire two days. We will identify methods to incorporate the new information into our training programs and strategies to apply new ideas for marketing.



MICHIGAN DEMENTIA EDUCATION NETWORK MEETING: JUNE 6-7, 2018

REGISTRATION DEADLINE IS MAY 7, 2018. TOTAL REGISTRATION FEE INCLUDES ONE NIGHT LODGING, MEALS, & EDUCATIONAL MATERIALS. \$125 PER PERSON.

Clearly print or type your name as you wish it to appear on your name badge.

Name: _____

Title: _____

Organization: _____

Street Address: _____

City/St/Zip: _____

Daytime Phone: _____ Email: _____

The Registration Fee is non-refundable. However, substitutions are available. The fee includes educational materials, one night lodging at Treetops, and four on-site meals. All other arrangements and associated costs are the responsibility of each registrant.

METHOD OF PAYMENT:

My check or money order of \$125 is enclosed

(payable to Chris Curtin Associates LLC)

My agency will send a check on: _____.

MAIL OR FAX PAYMENT AND REGISTRATION TO:

Chris Curtin, 3657 BC-EJ Road, East Jordan MI 49727 or FAX: 231.536.0482

For registration assistance, contact Chris Curtin at 231.499.8926 or email: chriscurtinassociates@gmail.com

DIRECTIONS TO TREETOPS:

Take I-75 to exit 282. This is the northern Gaylord exit. Turn east on M-32. Take M-32 all the way through Gaylord. Turn left on Wilkinson Road. Continue east for 3 miles to the resort entrance.

CHECK ALL THAT APPLY:	YES	NO
Please reserve a room in my name for Wednesday, June 6.		
I require vegetarian meals.		
I have a food allergy.		
I have a disability that may require accommodations to fully participate.		



Chris Curtin Associates LLC

3657 BC-EJ Road

East Jordan MI 49727

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