The Twin Cities Jewish Community
Alzheimer’s Task Force Presents:

KEEPING THE SPIRIT ALIVE
The Conference for Caregivers and Those Supporting a Loved One with Dementia

Featuring Keynote Speaker Dr. Vic Sandler
Fairview Home Care and Hospice

SUNDAY, APRIL 7, 2019
8 a.m. to 1:15 p.m.
Beth El Synagogue
5225 Barry St. W
St. Louis Park, MN 55416

Register by March 22
www.jfcsmpls.org
or call 952-417-2149
FREE AND OPEN TO ALL

This conference is a collaboration of JFCS Jewish Family and Children's Service of Minneapolis and JFS Jewish Family Service of St. Paul.
One month after Dr. Sandler’s mother died of lung cancer, his father was diagnosed with Alzheimer’s disease. Dr. Sandler understood the disease; he had cared for hundreds of patients with dementia over 20 years of geriatric medical practice. But in caring for his beloved father, he entered a new role – a son and caregiver for a man with dementia. As he watched his father decline and die over the next six years, he hoped his deep and abiding love for his father would give his dad a measure of peace and comfort. He will share his perspective as a devoted son and as a medical professional specializing in care for the elderly.

Dr. Sandler is board-certified in internal medicine, geriatrics, and hospice and palliative care. He currently serves as the Medical Director of Fairview Home Care, Associate Medical Director of Fairview Hospice, Co-Chair of University of Minnesota Medical Center Ethics Committee and President of the Minnesota Network of Hospice and Palliative Medicine Physicians. He serves as Co-Chair for the Minnesota POLST (Physician Orders for Life-Sustaining Treatment) Task Force. Dr. Sandler has a special interest in evidence-based medical practice, healthcare reform and sustainability of the Medicare and Medicaid health systems.
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| 8 - 8:45 a.m.| Registration, Resource Fair  
*The Resource Fair will be open throughout the conference.* |
| 8:45-9 a.m.  | Welcome  
*Emcee Jana Shortal, KARE 11 Anchor  
Rabbi Alexander Davis, Beth El Synagogue* |
| 9-9:30 a.m.  | Keynote Presentation: Vic Sandler, MD  
	*9:30-9:40 a.m.* Passing Time/Break |
| 9:40-10:40 a.m.| Breakout #1  
	*10:40-11:30 a.m.* Break for Resource Fair & Brunch |
| 11:30 a.m.-| Breakout #2  
	12:30 p.m.  
	*12:30-12:40 p.m.* Passing Time/Break |
| 12:40-1 p.m.| Closing Session: Karla Hult, KARE 11 Reporter  
	*1-1:15 p.m.* Closing Ceremony |
1. Navigating the Cost of Care
This session will answer important financial questions including: What do Medicare and Medical Assistance cover? What is an Elderly Waiver and who is eligible? What services are available if I choose to care for my loved one at home? Presented by Mary Frances Price, Attorney Long, Reher, Hanson and Price P.A.

2. Put on Your Own Oxygen Mask First
As a caregiver, one of the most important things you can do is take care of yourself. In this session, we will focus on topics to boost your well-being, including: the benefits of time for yourself, learning how to ask for help, how to maintain your identity while caregiving, how to balance career and family, dealing with guilt and the benefits of meditation. Presented by Leah Persky, PhD, Family Life Education Manager at Jewish Family and Children’s Service of Minneapolis (JFCS).

3. The Doctor is In: Q & A
After brief opening comments in this open question-and-answer session, attendees can get expert advice and answers to questions on topics related to current and future treatment practices, memory loss and dementia, research and clinical trials, the benefits and limitations of existing medication treatments and lifestyle modifications. Presented by Dr. Michael Rosenbloom, Department of Neurology, Health Partners/Regions, and Dr. William Frey II, Ph.D., Sr. Director of Neuroscience Research, Center for Memory & Aging.

4. Making Connections and Understanding Responses
This presentation will explore communication techniques for the stages of Alzheimer’s disease and other dementias. We will also discuss how to manage the challenges of dementia-related behaviors and how improving your communication skills can improve responses from your loved one. Presented by Deborah Richman, BS, Executive Manager, Becketwood Cooperative.

5. Healthy Living for Your Brain and Body: Tips from the Latest Research
For centuries, we’ve known that the health of the brain and body are connected. But now science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by Alzheimer’s Association.
6. Surviving the New Normal – Accepting Change
For many care partners, the practice of acceptance ends up being much more significant than it first seems; acceptance becomes a path to liberation and positive transformation. This session will discuss common struggles caregivers and families face, and demonstrate how acceptance makes space for real solutions and well-being. Presented by Angela Lunde M.A., Associate of Neurology, Education Manager, Alzheimer’s Disease Research Center, Mayo Clinic.

7. How to Paddle Through the River of Care
What do I need to know? Where do I go to find information? How do I get the education and support I need for myself and my loved one? These questions and more will be answered as the presenters identify community resources and how and when to access them on your journey. Presented by Annette Sandler, Director of Aging Services at JFCS, Chris Kellogg, Sholom Educator – Adults with Aging Parents, and Bonnie Jaffe, RN, Senior Care Coordinator at Jewish Family Service of St. Paul (JFS).

8. Tough Decisions: Medical & Ethical Choices
This session will focus on the principles that guide the conversation when making tough medical and ethical decisions. Learn how these principles coincide and sometimes conflict with Jewish law and perspective. Presented by Vic Sandler, MD, Medical Director of Fairview Home Care and Associate Medical Director of Fairview Hospice and Palliative Care, and Rabbi Lynn Liberman, BCC, Legacy HealthEast Hospice Staff Chaplain and JFS Community Chaplain.

9. Important Legal and Financial Planning for Caregivers…and Those Receiving Care
This session will cover important financial and legal issues for families impacted by dementia, including what documents are needed (will, power of attorney, advanced care directives, etc.) and answer your questions about estate and insurance issues. Presented by Earl Cohen, Attorney Hellmuth & Johnson.

10. Making Connections and Understanding Responses
This presentation will explore communication techniques for the stages of Alzheimer’s disease and other dementias. We will also discuss how to manage the challenges of dementia-related behaviors and how improving your communication skills can improve responses from your loved one. Presented by Deborah Richman, BS, Executive Manager, Becketwood Cooperative.

Closing: Heartbreak and Hope
Karla Hult, KARE 11 Reporter
Not just the long goodbye...but years of so many painful goodbyes. KARE 11’s Karla Hult shares the story of her family's journey with Alzheimer’s disease. Her dad – a native of east St. Paul – was diagnosed with the disease more than nine years ago. He’s far from the only Hult hit by this heartbreaking fate – three of his four siblings also live with Alzheimer’s. Karla shares about the heartbreak... and the hope she’s discovered along this Alzheimer’s journey, through her connection to caregivers and within her extended Alzheimer’s family.
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**REGISTRATION**

*Free and open to all!*

**Register by March 22**

Online at jfcsmpls.org/event/caregiversconference
By phone 952-417-2149

By Mail: complete this form and send to:
Keeping the Spirit Alive
JFCS
5905 Golden Valley Road,
Golden Valley, MN 55422

Name(s) _____________________________________________________________

Address ____________________________________________________________________________

City/State/Zip __________________________________________________________________________

Phone ___________________________ Email ________________________________

Please register # __________ people for the conference.

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<th>Breakout choices:</th>
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**THINGS TO KNOW**

- Brunch and snacks will be provided.
- Dietary laws will be observed.
- Certificate of Attendance will be available upon request.
- If you need special accommodations at the conference, please contact Sharon Goldetsky, ssgoldetsky@jfcsmpls.org or 952-417-2149.
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