



## 2019 INAUGURAL PAC CONFERENCE

# DEMENTIA IS A STATE OF MIND

**MONDAY & TUESDAY, NOVEMBER 18 & 19**

Embassy Suites, Cary, NC

## **PLUS, A GEMS JOURNEY:** FACETS OF CHANGE

**SUNDAY, NOVEMBER 17**

Garner Performing Arts Center, Garner, NC

### Keynote Speaker

**Teepa Snow, MS, OTR/L, FAOTA**



Teepa is a leading trainer and consultant providing support and care that places the person living with dementia in a pivotal role when determining what is needed. Her goal is to help communities, agencies, organizations, professionals, families, and individuals develop the awareness, knowledge, and skills needed to better support and care for someone living with the brain changes of dementia. She is the owner and CEO of Positive Approach, LLC with over 40 employees or independent contractors across the US and Canada.

Teepa's approach to dementia care and training is changing how many view neurodegenerative conditions and dementias, and how care is delivered throughout the US, Canada, Wales, and across the UK and Europe. As an occupational therapist with 40 years of clinical practice, she has developed an approach to support and engage people experiencing changes in brain function.

Teepa created the GEMS® States model for appreciating and supporting people as they progress through the brain changes of dementia. The GEMS model likens people to gemstones and focuses on supporting and fostering retained abilities by providing environmental and interaction cues. This allows for matching the needs, and provide necessary support, so people can live well from the first symptoms until the end of life.

### Target Audience

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Nurses, nurse practitioners, social workers, occupational therapists, physical therapists, occupational therapy assistants, physical therapy assistants, nursing home administrators, case managers and others interested in learning about people living with dementia



## A GEMS JOURNEY: FACETS OF CHANGE\*

**SUNDAY, NOVEMBER 17**

Garner Performing Arts Center  
3172, 742 W Garner Rd, Garner, NC  
Registration 3-4 pm; Program 5-7 pm

Teepa Snow and the Positive Approach™ (PAC) to Care Players, will appear on stage, promoting awareness and knowledge throughout the journey of dementia. Using humor, scenes depicting common challenging life situations combined with downstage audience dialogue, Teepa will lead the audience to new awareness and potential for change throughout the condition's progression. In these scenes, participants will be exploring life with dementia by comparing a family who makes common mistakes with one that chooses to make a difference by learning new ways to support and care for the person living with dementia. The GEMS Vignettes will offer moments of pleasure, pain, and opportunities for questions and reflections.

### **Objectives**

- Recognize the impact of various GEMS States, habitual interactions and stress-related processing changes in family and social situations.
- Compare and contrast reactive versus responsive behaviors in family and social situations when dementia or stress-related processing changes occur.

*\* No credit awarded for session*

**TO REGISTER: [TEEPASNOW.COM/PAC-ANNUAL-CONFERENCE](http://TEEPASNOW.COM/PAC-ANNUAL-CONFERENCE)**



2019 INAUGURAL CONFERENCE

# DEMENTIA IS A STATE OF MIND

**MONDAY & TUESDAY, NOVEMBER 18 & 19**

Embassy Suites

201 Harrison Oaks Blvd, Cary, NC

November 18: Registration 8-9 am; Program 9-4:15 pm

November 19: Registration 8:30-9 am; Program 9-5 pm

This conference is designed to bring together in one location, people living with dementia, family members providing support and care, professionals serving and supporting people living with dementia, program innovators, dementia internet educational providers, PAC certified personnel and others; to learn from one another to develop new awareness, knowledge, and skill to better communicate, interact, and build relationships that improve life and well-being for all involved. This program is structured to meet the needs of those just beginning their journey and training, as well as those with advanced practice skills who want to gain a deeper and more robust ability set.

The pre-conference offers a stage show of vignettes to spotlight the PAC Skills that will be used to enhance the learning experience for all attending. Throughout the conference there are three tracks of programs across 22 sessions. The opening and closing will be offered by Teepa Snow, MS, OTR/L, FAOTA in collaboration with three people living with various forms and states of dementia.

There are over 24 speakers from across the United States and the world, who will be providing insights and perspectives designed to help others in changing the culture of support and care for those living with some form of brain change.

## Learning Objectives

At the conclusion of this educational activity, the participant should be able to:

- Recognize the sustained abilities of a person living with dementia.
- Describe the barriers and challenges to living life fully engaged once symptoms are present.
- Explore PAC methods and approaches; including communication, approach techniques, and hands-on helping strategies.
- Discuss implementation of PAC methods and approaches to enhance the lives of a person living with dementia and PAC skills aware care partners.
- Identify creative models for integrating PAC methods and approaches throughout the range of living and caring environments.

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# CONFERENCE: AGENDA

Monday, November 18, 2019

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8:00 – 8:50 am	<b>Registration</b>	
8:50 – 9:00	<b>Welcome and Announcements</b> <i>Shelly Edwards, PAC Conference Chair</i> <i>Diane Yelverton, Wake AHEC</i>	
9:00 – 10:00	<b>Keynote: Current State of Dementia: Where Are Our Minds, Hearts and Systems?</b> <i>Teepa Snow</i>	
10:00 – 10:30	<b>Networking and Vendors Visits</b>	
10:30 – 11:45	<b>MID-MORNING SESSIONS</b> (Choose one)	
	<b>A. PAC Educational: Supportive Communication</b> <i>Brenda and Mark Roberts</i>	<i>No credit awarded for this session</i>
	<b>B. Personal Awareness and Support: Spirituality and Dementia</b> <i>Linn Possell and Sheila Welch</i>	
	<b>C. Hands-on Skills Training: Getting Connected (with PAC Mentors)</b> <i>Melanie Bunn</i>	<i>Limited to 40; \$50 additional fee</i>
	<b>D. VIP Certified Community: Assisting with Personal Care Routines Throughout the Condition Using the GEMS States Model</b> <i>Teepa Snow</i>	<i>Limited to 40, PAC Certified only; \$50 additional fee</i>
11:45 – 1:00 pm	<b>Lunch</b> (Provided)	
1:00 – 2:15	<b>AFTERNOON SESSIONS</b> (Choose one)	
	<b>A. PAC Educational: Care Partner Q&amp;A with Panel</b> <i>Mikki Firor, Melanie Bunn, Carolyn Lukert</i>	<i>No credit awarded for this session</i>
	<b>B. Personal Awareness and Support: Resident Engagement: Cornerstone of Dementia Care</b> <i>Charles DeVilmorin</i>	
	<b>C. Hands-on Skills Training: Getting Started (with PAC Mentors)</b> <i>Linn Possell</i>	<i>Limited to 40; \$50 additional fee</i>
2:15 – 3:00	<b>Networking and Vendor Visits</b>	
3:00 – 4:15	<b>MID-AFTERNOON SESSIONS</b> (Choose one)	
	<b>A. PAC Educational: Energizing Music: Optimize Wellness Through Evidence-Based Recreational Music Making</b> <i>Becky Watson</i>	
	<b>B. Personal Awareness and Support: PAC in PACE</b> <i>Debbie Youngblood</i>	
	<b>C. Hands-on Skills Training: Getting Engaged (with PAC Mentors)</b> <i>Kathryn Quinlan</i>	<i>Limited to 40; \$50 additional fee</i>
	<b>D. VIP Certified Community: Options for Responding to Emotional Distress</b> <i>Teepa Snow</i>	<b>SESSION FILLED</b>
5:00 – 6:00 pm	<b>Healthy Happy Hour</b>	

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**Tuesday, November 19, 2019**

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8:30 – 9:00 am	<b>Registration/Networking/Vendor Visits</b>	
9:00 – 10:15	<b>MORNING SESSIONS</b> (Choose one)	
	<b>A. PAC Educational: Supporting from Afar</b>	<i>No credit awarded for this session</i>
	<i>Sue Pagan</i>	
	<b>B. Personal Awareness and Support: Finding the GEMS in Crisis Care in an Inpatient Behavioral Health Setting</b>	
	<i>Kathy Beran and Beth Nolan</i>	
	<b>C. Hands-on Skills Training: Dementia Workshop: Getting Connected</b> <i>Repeated</i>	<i>Limited to 40; \$50 additional fee</i>
	<i>Kathryn Quinlan</i>	
	<b>D. VIP Certified Community: Unaware to Aware Novice: What Does It Take from Us?</b>	<i>Limited to 40, PAC Certified only; \$50 additional fee</i>
	<i>Teepa Snow</i>	
10:15 – 10:45	<b>Networking &amp; Vendor Visits</b>	
10:45 – 12:00 pm	<b>MID-MORNING SESSIONS</b> (Choose one)	
	<b>A. PAC Educational: New Approach to Family Caring</b>	
	<i>Pam Speta</i>	
	<b>B. Personal Awareness and Support: How a PAC Program Lead to Respite Care Legislation in Tennessee</b>	
	<i>Mary Anne Oglesby-Sutherly and Beth Nolan</i>	
	<b>C. Hands-on Skills Training: Getting Started (with PAC Mentors)</b>	<i>Limited to 40; \$50 additional fee</i>
	<i>Repeated</i>	
	<i>Alejandro DeJesus</i>	
	<b>D. VIP Certified Community: Assisting with Personal Care Routines Throughout the Condition Using the GEMS States Model</b> <i>Repeated</i>	<i>Limited to 40, PAC Certified only; \$50 additional fee</i>
	<i>Teepa Snow</i>	
12:15 – 1:30	<b>Lunch</b> (Provided)	
1:30 – 2:45	<b>AFTERNOON SESSIONS</b> (Choose one)	
	<b>A. PAC Educational: Navigating the Caregiver Journey</b>	<i>No credit awarded for this session</i>
	<i>Krisie Barron and Amanda Bulgarelli</i>	
	<b>B. Personal Awareness and Support: From Entertainment to Engagement: Ensuring Success Using Music in Dementia Care</b>	
	<i>Mary Sue Wilkinson</i>	
	<b>C. Hands-on Skills Training: Getting Engaged (with PAC Mentors)</b>	<i>Limited to 40; \$50 additional fee</i>
	<i>Repeated</i>	
	<i>Alejandro DeJesus</i>	
2:45 – 3:15	<b>Networking and Vendor Visits</b>	
3:15 – 5:00	<b>Closing Plenary: Our New State of Mind Regarding Dementia and the Culture of Support and Care: Dementia Friendly to Dementia Aware</b>	
	<i>Teepa Snow</i>	
5:00 pm	<b>Adjourn</b>	

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## Speakers

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### **Amanda Bulgarelli, BA, MA**

Chief Operations Officer  
Positive Approach to Care  
Commerce Township, MI

### **Krisie Barron, LSW**

Caregiver Specialist  
Embracing Journeys  
New London, MN

### **Kathy Beran, OT, BS**

Amery Hospital and Clinic  
Minneapolis, MN

### **Melanie Bunn, RN**

Lead Mentor/Instructor  
Positive Approach to Care  
Efland, NC

### **Alejandro DeJesus, MA**

Lead Mentor/Coordinator  
Positive Approach to Care  
Efland, NC

### **Charles DeVilmorin**

CEO/Co-founder  
Linked Senior, Inc.  
Washington, DC

### **Mikki Firor, MS**

President/Owner  
Trovato, LLC  
Annapolis, MD

### **Carolyn Lukert, MBA, CGMC**

Lead Consultant  
Positive Approach to Care  
Alachua, FL

### **Beth A. D. Nolan, PhD**

Director of Research & Policy  
Lead Mentor and trainer  
Positive Approach to Care  
Efland, NC

### **Mary Anne Oglesby-Sutherly**

Founder/Executive Director  
Veranda Ministries  
Hermitage, TN

### **Sue Pagan**

Dementia Advisor  
Alzheimer Scotland  
Edinburgh, Scotland

### **Rev. Linn Possell, BS, MA, MDiv, CDP**

Lead Mentor Coach  
Positive Approach to Care  
Efland, NC

### **Kathryn Quinlan, BA**

Trainer, Coach, Engagement Leader  
Positive Approach to Care  
Frederick, MD

### **Brenda Roberts, MA**

Director of Quality Assurance and  
Education  
Michigan Assisted Living Association  
Elwell, MI

### **Mark Roberts**

Core Team Member  
Positive Approach to Care  
Elwell, MI

### **Pam Speta**

Owner/Founder, Forget Me Not Family  
Home and Village  
Roseburg, OR

### **Becky Watson, MBA, MTBC**

Founder/Owner  
Music for Wellness  
Norfolk, VA

### **Sheila Welch**

Dementia Ministry Coordinator  
Marietta, GA

### **Mary Sue Wilkinson, MEd**

Founder, Singing Heart to Heart  
Traverse City, MI

### **Debbie Youngblood, PTA**

PACE  
SE Michigan

## Planning Committee

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### **Positive Approach to Care**

Amanda Bulgarelli, BA, MA

Melanie Bunn, RN

Shelly Edwards, MLS

Valerie Feurich

Mary Lee

Teepa Snow, MS, OTR/L, FAOTA

JoAnn Westbrook

### **Wake AHEC**

Diane Yelverton, MS, RNC



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## Credit

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**Continuing Education credit will be provided for select sessions through Wake AHEC.**

### Nursing Credit

10.25 CNE Contact Hours: Wake Area Health Education Center (AHEC) Nursing Education is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

### Nursing Home Administrator

NCBENHA: 10.25 clock hours (pending approval)

### CCM (Case Management)

This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 10.25 clock hours.

### Certified Health Education Specialists (CHES)/Master Certified Health Education Specialists (MCHES)

Sponsored by The North Carolina AHEC Program, Wake AHEC a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES®) and/or Master Certified Health Education Specialists (MCHES®) to receive up to 10.25 total Category I contact education contact hours. Maximum advanced-level continuing education contact hours available are 10.25. (pending approval)

### NC BPTE (Physical Therapists/Physical Therapy Assistant)

Wake AHEC is a pre-approved provider for NCBPTE Continuing Competence Activities. This activity is 8.5 hours.

### AOTA CEU: (Occupational Therapists) (Pending approval)

Wake AHEC will provide up to 10.25 Contact Hours to participants.

*A participant must attend 100% of each session to receive credit for that session. Partial session credit will not be awarded.*

*Wake AHEC is part of the North Carolina AHEC Program.*

## Registration

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All participants will register at the PAC site, [teepasnow.com/pac-annual-conference/](https://teepasnow.com/pac-annual-conference/).

Once registered, you will be provided a link to register for CE credit, if necessary.

## Registration Fee

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The cost to attend the conference will depend on options that you select, but to assist in budgeting, the cost will be as follows:

- **General Conference:** \$250
- **Special Sessions for Skills Building or Certified Community Partners:** \$50 each session
- **GEMS Show Add-On:** \$25 (Show alone is \$50 per person)
- **Save some cash, when you bring friend, use our code: PARTNER19 and receive 10% off your basic ticket price**
- **Go here to register <https://teepasnow.com/pac-annual-conference/>.**
- Limited reduced fee scholarships available. For more information, contact **Lauren Quick-Graham at [admin@ncscsw.org](mailto:admin@ncscsw.org)**.
- Fee will include online handouts and online certificate of completion.
- *To assure quality programming and safety for all participants, babies and children may not attend this program.*
- Call 919-350-8547 for our Inclement Weather Updates.

### Cancellations and Refunds

- Conference registrants may cancel at any time up to October 15 without incurring a penalty.
- Cancellations occurring between October 16 and November 4 will incur a 20% penalty.
- Cancellations occurring between November 4 and November 12 will incur a 40% penalty.
- There will be no refunds for cancellations received after November 13.

### ADA Statement

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Wake AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please call us at 919-350-8547. Organizing such resources generally takes 3-4 weeks, so please give us as much notice as possible to make appropriate arrangements.

**Questions?** Contact Sharri Oxendine at 919-350-0461 or [soxendine@wakeahec.org](mailto:soxendine@wakeahec.org).

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