

The Alzheimer's Association, Orange County Chapter cordially invites healthcare & senior care professionals to attend an extraordinary workshop

"The Crucial Role of Activities in Quality Alzheimer's Care"

Does your activity program need new ideas and energy? Do you want to take your activities from "good to great?" Are you looking for inspiration? If so, attend this workshop on activities for persons with dementia that will discuss how to create a memory care program that is innovative, life-affirming, evidence-based, and fun! Specific topics include physical fitness and wellness, adult learning, music & the arts, creating signature programs and recommendations for program materials, books & supplies.

David Troxel, MPH

David Troxel, MPH is a sought-after speaker at regional, national & international conferences related to elder care, Alzheimer's disease, staff development & training and program development. As a consultant to long-term care companies he advises and influences development of excellence and best practices in dementia care. Co-Developer of the Best Friends model of Alzheimer's Care with Virginia Bell, **David inspires the very best in both professional and family caregivers.**

and

Kathy Laenhue, MA

Kathy Laenhue, MA, is CEO and Chief Enthusiasm Officer of Wiser Now, Inc. a company focused on training and product development related to older adults, with an emphasis on positive mind stimulation, life stories, dementia, and care giving. For the last 15 years, Kathy has given seminars throughout the U.S. and Australia and has developed multimedia training materials for national companies in both countries. **Her light-hearted and warm approach instills joy in care giving, even under challenging circumstances.**

Sponsored by educational support from the
Orange County Atria Communities



Thursday, May 6, 2010

8:30 am ~ 3:30 pm

Trinity United Presbyterian Church

13922 Prospect Avenue

(corner of 17th St. and Prospect Ave.)

Santa Ana, CA 92705-1999

Munzing Hall

RSVP to Andrew Eng at 949.757.3703 or Andrew.eng@alz.org

Tuition fee of \$80 includes continental breakfast and lunch. Six (6) hours of continuing education credit will be awarded. Refunds will be issued if reservations are cancelled before May 1, 2010

This workshop is approved for continuing education credit from California Department of Social Services for RCFE Administrator recertification. Provider approved by the California Board of Registered Nursing, Provider Number 14757 for 6 contact hours. This course meets the qualifications for 6 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, PCE 1384. NHAP approval is pending.

Mr. Troxel's books will be available for purchase at the workshop or online at www.bestfriendsapproach.com



A DIGNIFIED LIFE

By Virginia Bell, MSW & David Troxel, MPH

Best for Families

Troxel and Bell offer an enlightened new approach to Alzheimer's care.

A Dignified Life will become a practical, life-enhancing resource for anyone faced with the daunting responsibility of caring for someone with Alzheimer's, either at home or in a medical facility.

A Dignified Life will be available for purchase at the workshop, \$10



THE BEST FRIENDS BOOK OF ALZHEIMER'S ACTIVITIES

By Virginia Bell, MSW; David Troxel, MPH; Tonya Cox, MSW; and Robin Hamon, MSW. [About our co-authors.](#)

This book contains 147 activities to use at home, in adult day centers, and in residential care settings. Many of the activities are "grab and go," but even more important they are designed to teach a more life-affirming way to think about activities. The Best Friends philosophy is that activities are everywhere.

THE BEST FRIENDS BOOK OF ALZHEIMER'S ACTIVITIES, Volume 2

By Virginia Bell, MSW; David Troxel, MPH; Tonya Cox, MSW; and Robin Hamon, MSW. [About our co-authors.](#)

This book offers 149 more activities for persons with dementia and is a follow up companion to the best selling first volume of Alzheimer's Activities. The new book highlights the stories of 21 persons with early dementia describing what they have found important in their lives. The book also incorporates cutting edge ideas around adult education and dementia, support for persons with dementia at home and in long-term care settings, and a unique chapter on engaging in spiritual and religious activities. The book is available from Health Professions Press, on-line or at local booksellers.

Both Volume 1 and Volume 2 will be available for purchase at the workshop, \$35 each

May 6 Workshop Schedule

8:30 am Registration & Continental Breakfast	12:30 pm The Best Friends Philosophy of Activities [Troxel & Laurenhue] Key elements of successful activities USA TODAY Group Exercise
9:00 am Welcome & Introductions	
9:15 am - Brief Update on Dementia & AD [Troxel] - Impact of Dementia on Activity Programming - Turning No into Yes - Activities throughout the Continuum of Dementia - Introduction to Person Centered Care	1:30 – 3:30 pm Case Studies/Practicing a New Way to Do Activities (Troxel & Laurenhue) Trivia games and logic puzzles for the left-brain
Spontaneous Brain Aerobics [Laurenhue]	Arts & Music Physical Fitness & Exercise Imaginative and reminiscence exercises for the right brain Discussion topics and sharing ideas for social connections Word games for wisenheimers Especially For Men In-Home
The importance of variety and connections Gardner's Theory of Multiple Intelligences How to use these ideas when participants have dementia	
Lunch 12:00 – 12:30 pm	Resources, Publications & Products [Laurenhue] Wrap Up & Discussion