

Day Conference on Alzheimer's Disease: Supporting the Caregiver

Tuesday, Nov. 1, 2016

8:30am – 9:00am	Registration & Breakfast	Auditorium & Atrium
9:00am – 9:15am	Introduction & Welcome: Dr. Mary Jane Bowles	Auditorium
9:15am – 10:15am	<i>Embracing Their Reality – Positive Communication in Dementia Care:</i> Rachael Wonderlin	Auditorium
10:15am – 10:30am	Break	
10:30am – 11:30am	Workshops: Rachael Wonderlin, Dr. Deborah O'Dell, Dr. Carolyn Pevey, and Dr. Hilary Stebbins	Rooms 107, 108, 109, 110
11:30am – 11:45am	Break	
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11:45am – 1:00pm	Lunch	Auditorium & Atrium
12:30pm – 1:00pm	Book Signing*	Atrium
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1:00pm – 2:00pm	<i>Managing Caregiver Stress:</i> Dr. Virginia Mackintosh and Carolyn Tracy	Auditorium
2:00pm – 2:15pm	Break	
2:15pm – 3:15pm	Workshops: Rachael Wonderlin, Dr. Deborah O'Dell, Dr. Carolyn Pevey, and Jennifer Bierbaum	Rooms 107, 108, 109, 110
3:15pm – 3:30pm	Break	
3:30pm – 4:00pm	Audience Q&A and Closing: Dr. Mary Jane Bowles and Rachael Wonderlin	Auditorium

*Books will be available for purchase between 11:00am and 1:00pm in the atrium.
The author will be available to sign books between 12:30pm and 1:00pm.

Welcome to UMW's inaugural Day Conference on Dementia/Alzheimer's Disease!

We are sincerely grateful to the experts who have generously agreed to provide today's presentations and workshops.

WORKSHOPS

Workshop Title	Speaker	Start Time(s)	Room
<i>Care Choices – Where Can Someone With Dementia Live?</i>	Rachael Wonderlin	10:30am & 2:15pm	Rm 107
<i>Biology of the Brain for Individuals with Dementia/Alzheimer's Disease</i>	Deborah O'Dell	10:30am & 2:15pm	Rm 108
<i>Gentle Yoga (suitable for seniors and beginners)</i>	Carolyn Pevey	10:30am & 2:15pm	Rm 109
<i>Exploring the Brain of a Person with Dementia: Understanding the Link Between Neural Degeneration and Dementia Symptoms</i>	Hilary Stebbins	10:30am only	Rm 110
<i>Differentiating the Dementias</i>	Jennifer Bierbaum	2:15pm only	Rm 110

OUR SPEAKERS/PRESENTERS

Jennifer Bierbaum

Jennifer Bierbaum is an Adult-Gerontological Clinical Nurse Specialist at Mary Washington Healthcare. She received her training at the University of Nebraska Medical Center where she is currently pursuing her doctoral degree. Jennifer is certified in gerontology through the ANCC. She began her work in nursing at a home health and hospice agency and followed that up by working on an Acute Care for Elders unit and a geriatric evaluation/management clinic diagnosing and managing those with neurocognitive decline.

Deborah O'Dell

Dr. O'Dell is an associate professor of biology at UMW, and earned a PhD in cell and developmental biology from the State University of New York at Stony Brook after receiving a BS in biology from Ursinus College (Pennsylvania). She is a member of the Society for Neuroscience and an expert on the structure and function of the nervous system, magnetic orientation in animals, and developmental neurobiology. Much of Dr. O'Dell's research focuses on the function and development of nervous systems and the role of inflammation in Alzheimer's disease.

Virginia Mackintosh

Dr. Mackintosh is an associate professor of psychological science at UMW. She earned her PhD in Developmental Psychology from Virginia Commonwealth University. Her research focuses on family functioning in the face of stressful conditions. Dr. Mackintosh teaches Psychology of Aging, and has a mother with early-stage dementia.

Carolyn Pevey

Dr. Pevey earned her PhD at the University of Texas at Austin in Sociology. Her research has blended her own personal questions with scholarly endeavor, and her publications are in the areas of gender, death and religion. Dr. Pevey is currently a Full Professor of Sociology at Germanna Community College and adjunct professor at the University of Mary Washington. A long time meditation facilitator in the community, she earned her certification as a yoga instructor in June of this year. Students describe her classes as open, meditative and gentle--yoga for everyone. NOTE: The morning session will be barefoot yoga on floor mats; the afternoon session will be seated yoga.

Hilary Stebbins

Dr. Stebbins is an associate professor of psychological science at UMW. She earned a PhD in experimental psychology with a concentration in cognitive neuroscience from Brown University. Her dissertation work focused on the investigation of category learning systems in patients with Alzheimer's and Parkinson's Disease. More recently, she has studied the positivity bias in aging adults and uses psychophysiological techniques to better understand human information and emotional processing.

Carolyn Tracy

Having a Bachelor of Applied Science degree, Carolyn Tracy has held various posts, such as Area Agency On Aging Administrator, Long Term Care Ombudsman, Care Manager, Activity Director & Senior Games Coordinator. She became a caregiver for her father who had Alzheimer's Disease and now her mother who has vascular dementia. Carolyn uses both her professional and personal experiences in helping other caregivers.

Rachael Wonderlin

Ms. Wonderlin is an alumna of UMW (2011) and has an MS in Gerontology from the University of North Carolina at Greensboro. She is a gerontologist, dementia care expert, and popular dementia care blogger who helps caregivers cope with the difficult behaviors, emotions and anxieties that they and their loved ones may experience. Rachael's book, *When Someone You Know is Living in a Dementia Care Community: Words to Say and Things to Do*, has recently been published by Johns Hopkins University Press and is available in the UMW bookstore.