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Linking Knowledge, Practice and Values since 1994

HEALTH ED SATISFACTION GUARANTEE

If you are not satisfied with the program, call or write us and we will make it right!
Lois Postlewaite | Penny Graham | Sue Rogge

Please pass this brochure along to your colleagues who would also benefit from this program.

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EARN YOUR CONTINUING EDUCATION HOURS AT THIS PROGRAM!

Reducing Risk for Alzheimer's & Other Age-Related Cognitive Decline

"You are by far the most professional and educational CEU organization out there!!!"

-Mary Crowley-Ames, MSW, LSW

Counselors • Nurses • Nursing Home Administrators • Occupational Therapists
Physical Therapists • Psychologists • Social Workers • Speech Language Pathologists
Therapeutic Recreation Specialists • Activity Directors • Senior Center Directors
Home Health Agency Directors

AUGUST 12, 2010 • GREAT FALLS, MONTANA
AUGUST 13, 2010 • MISSOULA, MONTANA

Register Early SAVE \$... Register with a colleague SAVE \$\$!†
Register today at www.health-ed.com | 800.839.4584

Presented by: **David R. Larsen, MFHD**

Reducing Risk for Alzheimer's & Other Age-Related Cognitive Decline

- **Brain Essentials – What We Need to Succeed**
- **Physical & Mental Activities for the Brain**
- **Psychological & Social Assistance**
- **Old Dogs Can Learn New Tricks & Stick to Them**

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Agenda

Reducing Risk for Alzheimer's & Other Age-Related Cognitive Decline

7:30 **Registration, Sign-In, & Course Materials**
8:00 **Course begins** (a.m. & p.m. breaks determined by Mr. Larsen.)

Reducing Risk

- What Causes Alzheimer's Disease & Other Dementias
- Warning Signs & Symptoms
- Assessment Types & Tools
- Risk Factors
 - Environmental
 - Genetics in Perspective
 - Diabetes
 - Stress & Depression
- Epidemiological Studies & Why We Lead the Field
- Why Simplistic Approaches Do Not Work

Brain Essentials – What We Need to Succeed

- The Good News on Food
- How to Reduce Risks on Multiple Fronts
- Food for Thought
 - Fish vs. Flax – For Fatheads
 - Rusting Within & How To Stop It
- Food & Drinks to Avoid & Why
- Food & Supplements Cautions to Convey
- Resources & Researchers' Recommendations

11:30 **Lunch** (on your own)

12:30 Physical & Mental Activities for the Brain

- Neuroplasticity & the Nun Study
- How to Stimulate Neuron Growth (BDNF)
- Build Protective Cognitive Reserves in Seniors
 - The Best & Worst Activities for the Brain
 - Scientifically Designed Brain Games
 - Back to Basics – The Essential 3 R's
- Why Physical Exercise is So Critical for Seniors
- Mild, Moderate or Vigorous – Which is Best
- New Twists on Old Exercises to Stimulate Brain Growth
- What, When, Why & How Long for Effect
- Mental & Physical Exercise Recommendations

Psychological & Social Assistance

- Cortisol, Stress & Cell Death
- Factors Underlying Both Depression & Dementia
 - A Simple Plan to Reduce Risk for Both
- How to Help Them Get a Good Night's Sleep
- How to Get By With a Little Help from Our Friends
- Helping Seniors Find Purpose & Meaning
- What Families Need to Know to Prevent Disaster
- Validation & Redirection Techniques that Work
- How to Connect to Psycho-Social & Spiritual Resources
- Motivating Seniors & Families to Make a Difference
- **Old Dogs Can Learn New Tricks & Stick to Them**
- Success Stories of Decline Reversal & How They Did It
- How to Help Build & Reinforce an Action Plan that Succeeds

3:30 **Evaluations, Adjournment, & Certificates**

Learner Objectives

At the conclusion of this program, you will have the knowledge required to:

- Recognize risk factors for cognitive decline or dementia.
- Describe essential components of a brain health diet and characteristics of foods to avoid.
- Discuss important principles for developing brain healthy mental and physical activities.
- List nutrients or activities that can reduce the risk for both depression and dementia.
- Identify critical components for an effective plan to prevent cognitive decline.

Comprehensive Program Manual Included with Your Registration!

Reducing Risk for Alzheimer's & Other Age-Related Cognitive Decline, designed specifically for this program by David R. Larsen, will be provided to each registrant at sign-in.

www.health-ed.com | 800-839-4584

Location

AUGUST 12, 2010
GREAT FALLS, MONTANA
HILTON GARDEN INN GREAT FALLS
2520 14th Street Southwest | Great Falls, MT 59404
406-452-1000

For additional hotel information, including driving directions and parking, please contact hotel directly or view hotel website at health-ed.com.

AUGUST 13, 2010
MISSOULA, MONTANA
DOUBLETREE HOTEL MISSOULA/EDGEWATER
100 Madison Street | Missoula, MT 59802
406-728-3100

CONTINUING EDUCATION HOURS:

Sponsor: HEALTH Education Network, LLC

To receive verification of successful completion of the following credit hours, participants must sign-in, attend the entire program, and complete an evaluation. The certificate verifying attendance will be available at the end of the program day. **For continuing education inquiries, please go to this program's page at www.health-ed.com or contact sshell@health-ed.com.**

Nurses/Nurse Practitioners/Nurse Specialists: 6.0 Contact (60 minute) Hours.

HEALTH ED is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Nursing Home Administrators: 6.0 Hours.

NAB - The National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) has approved the above named program for 6 continuing education clock hours for Nursing Home Administrators and Residential Care/Assisted Living Administrators. Please bring your license number.

Occupational Therapy Practitioners/Occupational Therapy Assistants: 6.0 Hours.

AOTA - .6 CEUs (6.0 Contact Hours). HEALTH ED is an Approved Provider of Continuing Education for occupational therapists and occupational therapy assistants by the American Occupational Therapy Association.



The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Physical Therapists/Physical Therapist Assistants: 6.0 Hours.

This program has been designed to meet the criteria for 6.0 hours of acceptable continuing education. Licensees are to determine the acceptability of the program based upon the rules of their licensing board.

Idaho - The Idaho Physical Therapy Licensure Board accepts learning activities documented by local, state, or federal government agencies for continuing education credit.

Montana - The Montana Chapter of the APTA accepts other state physical therapy board approvals. This program has been approved by the New Mexico Board of Physical Therapy. Approval # NM00794.

Psychologists: 6.0 Hours.

APA - HEALTH ED is approved by the American Psychological Association to sponsor continuing education for psychologists. HEALTH ED maintains responsibility for this program and its content. Full attendance is required. No partial credit will be offered for partial attendance.

Social Workers and Counselors: 6.0 Hours.

Idaho - NASW, Idaho Chapter approval for CEUs for this offering are pending the completion of the application process.

Montana - This program has been submitted to the Montana Board of Social Work Examiners and Professional Counselors.

ASWB - This organization (HEALTH ED, provider #1033) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org Approved Continuing Education Program (ACE). Approval Period: December 15, 2009 through December 15, 2012. HEALTH ED maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6.0 continuing education (6.0 clinical) clock hours.



NBCC - HEALTH ED, (provider #5655), is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines.

SPEECH-LANGUAGE PATHOLOGISTS: 6.0 Hours.



HEALTH ED is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

ASHA - This course is offered for 0.6 ASHA CEUs (Intermediate level, Professional area).

ASHA account number required for ASHA Registry.

Therapeutic Recreation Specialists: .60 CEUs.

ATRA - Continuing Education Units (CEUs) for this program are pending approval through the American Therapeutic Recreation Association.

CANCELLATIONS/TRANSFERS

To make registration changes, please email smartin@health-ed.com prior to the program for transfers or credit coupons which can be applied toward a future program. A refund, minus a \$30 administrative fee, is available for cancellations received no later than seven (7) business days prior to the start of the program. **No refunds will be granted after that date.** Purchase orders are considered the same as a check or credit card and the same policy will apply. In the unlikely event HEALTH ED has to cancel or postpone a program for an unforeseen reason, you will be notified immediately to discuss options.

HEALTH Education Network, LLC | 304 Gray Street Suite 201 | Eau Claire, WI 54701

Purpose

Losing one's memory and other cognitive abilities is one of the worst fears older adults face. Recent research suggests however, that age-related cognitive decline is not inevitable. In this program we will review the risk factors for Alzheimer's and other dementias as well as new research that suggests how individuals can reduce their risk for these disorders. You will learn the early warning signs, assessment tools that can be used for early detection, appropriate medical referrals and recommendations that should be made to individuals and family members when early signs are detected. Additionally, you will gain insights into a wide variety of specific lifestyle interventions in the domains of physical activity, mental stimulation, diet and social interaction, that research has now shown can be made to reduce the risk, and slow or even arrest the cognitive decline, if started early enough.

The goal of this program is to provide a comprehensive model for understanding the multiple causes and new evidence-based interventions for reducing the risk for, or arresting the progress of, age-related cognitive decline. You will gain a better understanding of:

- the various environmental, dietary, mental, physical and social influences contributing to these disorders;
- how to better assess a client's mental status;
- when and how to encourage a more thorough assessment;
- the elements of a good comprehensive assessment; and
- how to motivate and empower your clients to take practical steps to minimize their risk, and perhaps even reverse their decline.

Presenter

DAVID R. LARSEN, MFHD, holds a Master's degree in Family and Human Development, and for the last two years has worked as a Master Trainer for the Alzheimer's Association's Maintain Your Brain® program, where he also served as an early intervention case manager. Prior to this he was a family life educator, EAP manager, and Director of an Organizational Health Center for the military. He has worked in three hospitals and served for 2 years with a rehabilitation team in a senior care center with an Alzheimer's unit. Mr. Larsen is the author of 4 books related to memory enhancement, reading retention and learning. His newest books, *How to Remember Anything, Anytime, Anywhere* and *What the Brain Needs for Enhanced Mood and Memory* are due out later this year.

Program Planning Team

David R. Larsen, MFHD • Louise J. Armstrong, OTR • Susan Fralick-Ball, PsyD, MSN
Kay Gautsch, PT • Jacqueline Pavelski, NHA • Thomas Smith, LMHC • David A. Steinweg, PhD
Judith Kay Nelson, PhD, LCSW • Linda Schreiber, MS, CCC-SLP

FREE SHIPPING WHEN PURCHASING THIS BOOK WITH SEMINAR REGISTRATION! 

Build Your Professional Library

with **Stop/Memory Loss**

William Matteson, PhD

There is nothing in this universe more precious than your memory! No matter what you accomplish, none of it will mean a thing if you cannot remember it! Have you ever:

- Called a customer on the phone, and the moment she answered, forgot who you called?
- Walked into a room and forgotten why you were there?
- Misplaced valuable information?

Had to care for people who have memory impairments? Learn how to cut your risk of dementia in half!!

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To find out how **you** can **receive CE credits** at a **reduced tuition rate**, please go to the **Reduced Tuition Coordinator** link at www.health-ed.com!

How to Register:

ON-LINE health-ed.com (*secure website*)
PHONE 800-839-4584 • 715-839-8055
 8:00 am - 5:00 pm CT
FAX 715-839-8680
MAIL HEALTH ED
 P.O. Box 1075
 Eau Claire, WI 54702-1075
Federal Tax ID 39-1779320

Registration Policy:

A completed registration form, payment, or purchase order hard copy is required at time of registration for **each** attendee. Use only one registration form per person. Please copy this form for multiple registrations. **Pre-Registration** rates apply only to individuals and groups registering with payment in full before 12:00 noon CT the day before the program. **Groups must register at the same time.**

ADA: Contact us a minimum of 3 weeks prior to the program for accommodations.

Receipt/Confirmation: Register on-line at www.health-ed.com or email your request to smartin@health-ed.com.

1 To expedite the processing of your registration, please complete form in its entirety.

REGISTER ME FOR

- AUGUST 12, 2010 • GREAT FALLS, MONTANA
- AUGUST 13, 2010 • MISSOULA, MONTANA

2 Please print legibly.

VIP CODE _____ (see address label)

My profession is: LPC OT OTA PT
 PTA SLP SW NHA
 Nurse Psychologist
 Other _____ Position _____

Name _____ (first) _____ (last)

Daytime Phone _____ Fax _____

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Employer/Agency _____

Approving Manager Name/Title/Phone _____

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My name and address appear on the mailing label.

✓ **If yes**, please write mailing label address below in **Part 1**.

✓ **If yes**, but address has changed, please complete **Part 1 & Part 2**.

✓ **If no**, please complete **Part 2**.

Part 1 (address from mailing label)
 Address _____
 City _____ State _____ Zip _____

Part 2
 Address _____
 City _____ State _____ Zip _____

3 Tuition *Fee includes program manual and refreshments.*

\$169 per person for a group of 2 or more **pre-registering** at the same time

\$179 per person **pre-registering**

\$199 per person when registering **after** the pre-registration deadline

\$20 **Stop Memory Loss** - Order **NOW** with registration and receive **FREE SHIPPING!**
(Product prices subject to change without notice. Product will be shipped to the address you list below.)

5.5 % tax applies only when purchasing product in Wisconsin

\$ _____ Total

Ship My Product To *(please allow 10 business days for delivery)*

Address is same as above

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Address _____

City _____ State _____ Zip _____

4 Payment Information

Purchase order hard copy enclosed P/O# _____

Check enclosed made payable to HEALTH ED Ck. No. _____ Amt. Paid _____

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Card Holder's Name _____ Card Security Code _____

Card Billing Address _____ City _____ State _____ Zip _____

Internal Use: F P