

MUSIC, MOVEMENT, & DEMENTIA EDUCATIONAL WORKSHOP



This program is intended for social workers, nurses, activity directors, local musicians, movement instructors, and the general community! **Approved for 6 Social Work CEU credits!**

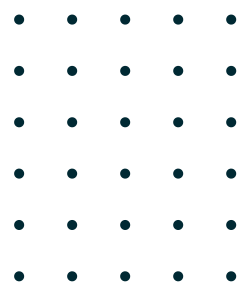
A full-day of speakers discussing how to incorporate creativity into caring for a loved one with dementia.

**FRIDAY
NOVEMBER 10**

Time: 9 a.m. - 4 p.m.
**Lunch not provided

Location: Colerain Senior Center (4300 Springdale Rd, Cincinnati, OH 45251)

Cost: \$75/person (seeking CEU credit)
\$25/person (not needing CEU credit)



To register: <https://tristateapa.com/event-5380260>



EVENT BREAKDOWN

8:30 a.m. - 9 a.m.

Registration/Networking

9 a.m. - 11 a.m.

Shannon Braun, LISW-S, Director of Memory Support & Inclusion for Episcopal Retirement Services
Understanding Dementia: Basics, Challenges & Strategies for Communication

This presentation will discuss the definition of dementia, the diseases that contribute to it, and the stages of cognitive decline. The presentation will also review how communication is impacted by dementia and how changes in language and sequencing can impact a person's ability to communicate as dementia progresses. Strategies will be offered that can be employed to improve communication with those who have dementia and facilitate a more positive interaction.

11 a.m. - 11:30 a.m.

Mike Gelfgot, Physical Trainer & COO of Activate Brain & Body

Movement & Memory Impairment (Part I): The 4 Steps to Avoid Falling

The "Steps to Avoid Falling" presentation is a practical guide designed to help people, including those with dementia, stay safe and prevent falls. In this presentation, you'll learn how to assess fall risk and three strategies to minimize falls. We'll explore simple steps to reduce the risk of falling, including exercises to improve balance. Following these steps can increase your stability and independence, ensuring a safer and healthier life, even for those dealing with dementia.

11:30 a.m. - 12 p.m.

Nora Dashley, Community Transformation Director of Senior Services for YMCA

Movement & Memory Impairment (Part II): Getting to the Core

This presentation will focus on strategies to strengthen the hip, knee, and ankle joints to encourage core strength in a seated position. We will discuss how exercise can improve physical well-being and positive mental health.

12 p.m. - 1 p.m.

Brown Bag Style Lunch

1 p.m. - 2 p.m.

Sylvia Dwertman, Certified Laughter Yoga Leader & Marketing Liaison for Visiting Angels - Cincinnati West

Laughter Yoga

This session will use laughter exercises interspersed with deep yogic breathing and gentle stretches, resulting in physiological and psychological health benefits.

2 p.m. - 4 p.m.

Jude Jones, CBMT, M.Ed (Music Therapist)

In Tune with Dementia: Enriching Lives Through Music, Movement, and Improvisation

This session will provide an overview of the power of music and the rationale for using this art form in working with clients with dementia. It will also provide and discuss an approach checklist for facilitators conducting creative expression groups for clients with dementia. We will also define musical entrainment and discuss intervention techniques in working with clients with dementia. The presenter will also provide examples and demonstrate strategies for engaging and empowering clients with dementia through creative singing, movement, and improvisation.

