



# PERSON-CENTERED PROGRAMS THAT PROMOTE COGNITIVE ENHANCEMENT FOR ALL FUNCTIONING LEVELS

## DATE & LOCATION

**March 6, 2019**

**9:00 am – 3:30 pm**

**Handelman Conference Center  
7090 Samuel Morse Dr.,  
STE #400  
Columbia, Maryland**

Registration & breakfast begin at 8:30 am. Doors open at 8:15 am

## TARGET AUDIENCE

- Activity Professionals
- Administrators
- Assisted Living Managers
- Social Workers
- Nurses

## CE — 5.5

- Activity Professional
- Administrator
- Assisted Living Manager
- Social Work

## FEES

- LifeSpan Members — \$165
- Nonmembers — \$265

## SPEAKER

**Sarah Kneisler, RMT/NHA** has 30 years experience in long term health care. She received a Bachelor of Music-Music Therapy degree from the University of Wisconsin-Eau Claire in 1979 and a Nursing Home Administrator's license in 2003. Sarah has served as a Music Therapist, Activity Director/Volunteer Coordinator, Life Enrichment Coordinator, Nursing Home Administrator and Senior Director of Life Services.

## PROGRAM

This session will focus on a variety of strategies that will assist you to develop and implement group and individual programs that are person-centered, and strength based. The speaker will discuss the latest research regarding activities that promote cognitive reserve and enhancement. A portion of the session will be devoted to the value of music and participants will be involved in hands-on music activities. The speaker will share personal reflections about her Mother's journey with dementia, long term care and the importance of person-specific activities. She will also discuss the strategies that she now employs, based upon the latest research, to live a brain and heart-healthy lifestyle.

## OBJECTIVES

1. Discuss how the Global Deterioration Scale can serve as a guide to determining person-specific activities
2. Use the latest research to plan and implement activities that promote cognitive reserve and cognitive enhancement
3. Discuss the value of person-centered music activities
4. and develop music activities that will meet the needs of the individuals you serve
5. Discuss and implement strategies to enhance person-centered dementia care and activities within your community
6. Discuss and implement strategies that will assist you as a caregiver to live a heart and brain-healthy lifestyle

## AGENDA

**8:30 Scan-in/Breakfast**

**12:00 - 12:30 PM** *Lunch*

**9:00 - 10:30 AM**

**12:30 - 2:00 PM**

- Understanding the Global Deterioration Scale. Using resident strengths as a guide to determining appropriate activities
- Understanding the latest research about cognitive reserve and cognitive enhancement strategies

- What my Mother taught me about dementia, long term care and activities (Part I)

**2:00 - 2:15 PM** *Break*

**2:15 - 3:30 PM**

- What my Mother taught me about dementia (Part II): "Care for the Caregiver"

**10:30 - 10:45 AM** *Break*

**10:45 AM - 12:00 PM**

- Appreciating the value of music and interactive music activities

**3:30 PM** *Adjourn*

### Continuing Education

This program is sponsored by the Beacon Institute. This program is approved for 5.5. The program is approved by the National Certification Council for Activity Professionals (NCCAP) for continuing education for activity professionals. This program is approved by the National Continuing Education Review Service (NCERS) of the National Association of Boards of Examiners of Long Term Care Administrators. This program is approved by the Maryland Board of Social Worker Examiners for Category I continuing education for social workers in Maryland. This program is approved by the Office of Health Care Quality (OHCQ) for continuing education credits for assisted living managers.

### Registration Policies

1. Please mail or fax your registration early. Space is filled on a first served basis. Policy and deadlines for registration are the same by fax as by mail.
2. Please enclose a check or complete the credit card registration below. Faxed registrations must include credit card or purchase order information.
3. Registrations and payment must be received no later than five days prior to the workshop.
4. We reserve the right to cancel this program due to insufficient registration.

### Cancellation Policy

Refunds, minus a \$25 processing fee per registrant, will be honored if requested in writing five (5) business days prior to the date of the seminar. In the event of emergency, attendees may send substitutions in their places without prior notification.

### Inclement Weather Policy

## SEMINAR LOCATION

**HANDELMAN CONFERENCE CENTER**  
**7090 SAMUEL MORSE DRIVE**  
**SUITE 400**  
**COLUMBIA, MD 21046**

### Registration Form

**Person-Centered Programs that Promote Cognitive Enhancement for All Functioning Levels**  
**March 6, 2019**

PLEASE PRINT. Copy this form for multiple registrants. Please register and return by **March 1, 2019**.

Name \_\_\_\_\_ Title \_\_\_\_\_

Email (Work) **Required** \_\_\_\_\_ NH License # \_\_\_\_\_

NH Administrator License # \_\_\_\_\_ NAB CE Registry ID# \_\_\_\_\_

Facility Name \_\_\_\_\_




Facility Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone \_\_\_\_\_ Fax \_\_\_\_\_

Fees: LifeSpan Members: **\$165** Non-members **\$265** Total Amount Due \$ \_\_\_\_\_

Please mail with check payable to: **The Beacon Institute**, 7090 Samuel Morse Drive, STE 400, Columbia, MD 21046  
Or fax with credit card information to **410.381.6061**

Name on Card \_\_\_\_\_ Account No. \_\_\_\_\_

CVV2 Security Code \_\_\_\_\_ Expiration Date \_\_\_\_\_ Signature \_\_\_\_\_

Credit Card Billing Address \_\_\_\_\_  
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