13TH ANNUAL CIRCLE OF CARE RETREAT

Tuesday, October 31, 2017
9 am – 3:15 pm
Crowne Plaza
1221 Chess Dr.
Foster City, CA 94404
Registration:
tinyurl.com/2017COC

Online conference registration available at tinyurl.com/2017COC

PROGRAM

9 a.m.  Exhibitor Fair, Registration & Light Breakfast

10 a.m.  Slowing Cognitive Decline: Latest Research
          Catherine Marreiro, PhD

11:15 a.m.  Guided Imagery to Build Resilience
            Felipe Jain, MD

Noon  Exhibitor Fair, Lunch

12:45 p.m.  Mantra Activity
            Jenn Chan

1:00 p.m.  Creating a Movement to Defeat Alzheimer’s: Research and Policy
            Ruth Gay, MS

2:15 p.m.  Creative Connections: Finding Joy, Laughter & Meaningful Moments
            Liz Nichols

3:15 p.m.  Conclusion

PRESENTING SPONSORS:

Dignity Health. Sequoia Hospital

Sequoia Healthcare District

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FACULTY

Ruth Gay, MS is the Chief Public Policy Officer of the Alzheimer's Association of Northern California and Northern Nevada. She directs the State and Federal Policy agendas for both California and Nevada, and works extensively at both the State and local level to improve outcomes for people with Alzheimer’s and dementia. Ruth serves as Chair of the Oversight Committee for the San Francisco Strategy for Excellence in dementia care, and currently serves on a Global Council on Alzheimer’s disease. Prior to her employment with the Alzheimer’s Association, Ruth spent eight years at the UC Davis Alzheimer’s Disease Research Center, where she coordinated clinical drug trials and worked with families and people with Alzheimer’s disease. She holds a Master’s of Science degree in Community Health and gerontology.

Felipe Jain, MD, joins us from the UCSF Weill Institute for Neurosciences, where he serves as an Assistant Clinical Professor, as well as leads two research studies to support family caregivers. Jain’s research work has focused on the development of a mindfulness and guided imagery intervention to help promote stress reduction and mentalization in complex interpersonal situations. He received his medical degree from Harvard Medical School and completed his psychiatry residency at UCLA, as well as a postdoctoral research fellowship at UCLA’s Semel Institute for Neuroscience and Human Behavior.

Catherine Marreiro, PhD, joins us from the CPMC Ray Dolby Brain Health Center, where she is a Neuropsychology Clinical Research Scientist. Dr. Marreiro specializes in the clinical neuropsychology of aging and is particularly interested in the promotion of healthy cognitive aging. She earned her PhD at Arizona State University, completed her internship at Jesse Brown VA in Chicago, IL, and completed her postdoctoral fellowship at UC Davis Alzheimer’s Disease Center.

Liz Nichols is a teacher, trainer, and storyteller, who helps kids, older adults, and everyone in between discover the power of play and imagination to create health, happiness, and transformation. Liz Nichols is a Certified Laughter Yoga Leader & TimeSlips Master Trainer. She will be leading us in interactive exercises, as well as providing some tools to bring these activities home! Learn more at lznichols.net.

Jenn Chan is a passionate advocate and family caregiver. She founded Senior Shower Project® to celebrate caregivers through parties, gift boxes, and inspired, thoughtful caregiver appreciation cards. Each card is filled with fun, humor, appreciation, love and humanity. Jenn will guide us through an interactive mantra activity at lunch, and has also generously donated a small gift to each attendee. Learn more at www.seniorshowerproject.com.

NAME: ________________________________________________
Address: ________________________________________________
City:___________________State:_________Zip Code:_________
E-mail address:__________________________________________
Telephone: ____________________________________________

Fees:

S30 Family/ General Registration.
Limited Scholarships Available. Please contact Blanca Vasquez-Arias 408.372.9922 to request scholarship.

For payment by check, please send registration form along with check payable to:
Alzheimer’s Association, Circle of Care, 2290 North First Street, Suite 101 San Jose, CA 95131

Credit Card Payment: (Visa, MasterCard or AmEx)
Card Holder Name:______________________________________
Card Number:_________________________________________
Expiration Date:________________________Signature:________

CANCELLATION POLICY: No Refunds will be given after 5 pm, Friday, October 20, 2017. No Exceptions.
Credit card registrations may also be phoned to our office: 408.372.9922

DESCRIPTION

This is a day for family members, care partners and those with MCI or early stage Alzheimer’s to recharge and walk away feeling encouraged and empowered! Leading researchers will present key tips for brain health and slowing cognitive decline. Experts will share strategies for creating meaningful moments and bringing more laughter and joy into every day. There will be ample time to learn about local resources through an interactive exhibitor fair.

RECOMMENDED AUDIENCE

We welcome individuals with MCI or very early stage Alzheimer’s dementia who are interested in learning about the scheduled topics to register. Caregivers of later stage individuals who need help finding respite care while they attend the conference are encouraged to contact the Alzheimer’s Association at 408.372.9922. For information about respite grants, please see below.

We will no longer be providing CEUs at Circle of Care, and instead encourage professionals to attend our ‘Updates on Dementia’ conference in the Spring.

RESPITE RESOURCES

For respite care or in-home-care, you may apply for our Alzheimer’s Association Respite Grant Fund. Please do not apply for funds to cover your existing caregiver—the grant is intended to provide the means for those who need the respite coverage for the purposes of attending the conference. If you qualify, the Alzheimer’s Association will pay the respite caregiver directly, up to S300 for one day. Contact Tiffany Mikles for an application: tmikles@alz.org, 408.372.9900