



REGIONAL EDUCATION ON AGING, CAREGIVING & HEALTHCARE

October 4-5, 2023
Longview, Texas

The Area Agency on Aging of East Texas has hosted the annual REACH conference for 32 years! REACH is designed to provide the most current information on aging trends, disability, and caregiving services, as well as tools and techniques you can adopt in your facilities and use in the community.

Partially funded by the Texas Health and Human Services Commission



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REACH

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welcome!

On behalf of the East Texas Council of Governments and the Area Agency on Aging REACH Committee, I want to welcome you to our 32nd annual REACH Conference, *"Taking Care While Giving Care."* This conference is for you, the professional and personal caregivers who are giving so much of yourselves to care for our elders. We know that caregiving is a challenging but rewarding role, and we want to provide you with the resources and support you need to thrive.

The 32nd REACH Conference offers a wide range of topics related to aging, including:

- The physical and emotional challenges of aging
- How to take care of yourself while you are caring for an older adult
- Legal and financial issues related to aging
- Resources and support for professional and personal caregivers
- Research on aging

We have a great line-up of speakers who will share their expertise and insights on these topics. I hope you will take advantage of the opportunity to learn from them and from each other.

I also want to thank our sponsors for their generous support of this conference. Their contributions make it possible for us to bring together such a distinguished group of speakers and attendees.

Finally, I want to thank you all for being here. I know that you are busy, but you have made the time to come here because you care about your clients, residents, and loved ones. I am grateful for your commitment to this important work.

I hope you enjoy the conference and that you find it to be a valuable experience.

Sincerely,

Colleen Halliburton

📞 903-218-6519

✉ Colleen.Halliburton@etcog.org

📍 3800 Stone Road Kilgore, Texas, 75662

REACH PLANNING COMMITTEE

Rodney Anderson	Transitional Geri-Care
Beverly Brown	Area Agency on Aging of East Texas
Lee Brown	Community Healthcare
Cammie Camp	Regency Healthcare
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Tina Johnson	Oceans Behavioral Health Hospital
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Valerie Rushing	Area Agency on Aging of East Texas
Teresa Tarver	Texas Health and Human Services



Sponsored by the East Texas Council of Governments' Area Agency on Aging
Partially funded by the Texas Health and Human Services Commission

GENERAL INFORMATION

The Regional Education on Aging, Caregiving, and Healthcare Conference is a collaborative effort to provide educational workshops, plenary sessions, and networking opportunities for professionals, caregivers, and anyone interested in aging issues. Considering the diversity of aging concerns, we have attempted to include local, regional, and state service providers and educators to address various topics that may be of interest to anyone who works with older adults, their caregivers, or their families.

PARTICIPATION

As a courtesy, please silence your cell phones during every workshop. Follow individual presenters' guidelines regarding questions and participation.

REGISTRATION

Online registration is \$125. **Registration fees are non-refundable.**

ALL KEYNOTE AND WORKSHOP SESSIONS

All workshop attendance will be monitored. This attendance will determine the workshop attended for electronic evaluations to be emailed for your completion to receive continuing education credits.

CONTINUING EDUCATION CREDITS

Fully complete the evaluations electronically for each workshop and keynote session attended to receive your continuing education certification.

ETHICS CEUs

To satisfy the ethics requirement for state licensing, social workers must complete a minimum of six hours of continuing education in professional ethics and social work values for license renewal every two years. Participants must attend the entire 60-minute workshop or 75-minute keynote session and complete session assessments provided through email to receive the approved CEUs.

NURSING CEUs

To satisfy the ethics requirement for state licensure, licensed nursing facility administrators must attend at least six hours of ethics for licensure renewal every two years. Participants must attend the entire 60-minute workshop or 75-minute keynote session and complete session assessments provided through email to receive the approved CEUs.

SOCIAL WORK CEUs

As of November 19, 2020, under the new rules adopted under Title 22 Texas Administrative Code Chapter 781, the Texas State Board of Social Worker Examiners will no longer be issuing or renewing Continuing Education Provider licenses. Licensees are directed to the board's rules found at 22 Texas Administrative Code 781.509 for guidelines regarding acceptable continuing education and other general requirements.

LONG-TERM CARE FACILITY ADMINISTRATOR CEUs

This conference provides continuing education for licensed nursing facility administrators. Workshops with Long-Term Care Administrator continuing education credit hours meet continuing education requirements for license renewal for Nursing Facility Administrators licensed by the State of Texas (per 40 Texas Administrative Code §18.35) as a Texas Health and Human Services Commission partially sponsored event. Sponsor or provider numbers do not apply (NA) to these courses. This is indicated on the certificate of successful completion. Participants must attend the entire 60-minute workshop or 75-minute keynote session and complete session assessments provided through email to receive the approved CEUs.

ACTIVITY PROFESSIONAL CEUs

The NCCAP Approval number: NCCAP5030005-24. Participants must attend the entire 60-minute workshop or 75-minute keynote session and complete session assessments provided through email to receive the approved CEUs.

LICENSED PROFESSIONAL COUNSELOR CEUs

As of February 28, 2019, under the new rules adopted under Title 22 Texas Administrative Code Chapter 681, the Texas State Board of Examiners of Professional Counselors (board) will no longer be issuing or renewing Continuing Education Provider licenses. Licensees are directed to the board's rules found at 22 Texas Administrative Code §681.141-147 for answers to questions regarding acceptable continuing education and other general requirements.

ASSISTED LIVING MANAGERS CEUs

Assisted Living Facility Managers are required to obtain at least 12 hours of continuing education annually in at least two of the following areas: (1) resident and provider rights and responsibilities, abuse/neglect, and confidentiality; (2) basic principles of management; (3) skills for working with residents, families, and other professional service providers; (4) resident characteristics and needs; (5) community resources; (6) accounting & budgeting; (7) basic emergency first aid; and (8) federal laws. Please be sure to select workshops that reflect these categories. Participants must attend the entire 60-minute workshop or 75-minute keynote session and complete session assessments provided through email to receive the approved CEUs. See NAB Approval Number.

ADULT DAY CARE DIRECTORS CEUs

Adult Day Care Directors must obtain 12 hours of continuing education annually in at least two of the following areas: (1) individual and provider rights and responsibilities, abuse, neglect, and confidentiality; (2) skills for working with individuals, families, and other professional service providers; (3) individual characteristics and needs; (4) community resources; (5) federal laws; (6) basic principles of supervision; or (7) basic emergency first aid. Please be sure to select workshops that reflect these categories. Participants must attend the entire 60-minute workshop or 75-minute keynote session and complete session assessments provided through email to receive the approved CEUs. Participants must attend the entire 60-minute workshop or 75-minute keynote session to receive the approved CEUs. See NAB Approval Number.

CONFERENCE EVALUATION

We need your feedback to continue our success. Remember to complete evaluations for the overall conference found in the back of this program and turn them in to Sophia Lawson by emailing Sophia.Lawson@etcog.org or mailing to the AAA, Attn: Sophia Lawson, 3800 Stone Road Kilgore, Texas 75662.



The NCCAP Approval number: NCCAP5030005-24

Title of Educational Session: "REACH Conference"

Number of Instructional Hours Approved: 13

NAB APPROVAL CODE: 20241003-39-A96195N

Number of Instructional Hours Approved: 13

8:00 AM – 8:15 AM

WELCOME

Main Hall

8:15 AM – 9:30 AM

KEYNOTE – CARL HILL, PH.D. AND GARRETT DAVIS

*Unforgettable: The Power of Partnership in the Pursuit of Justice and Equity in Dementia Research, Care, and Support - **Ethics and Diversity CE***

Main Hall

9:30 AM – 10:00 AM

BREAK / EXHIBITS

10:00 AM – 11:00 AM

BREAKOUT SESSIONS

Mindy Robertson

Social Determinants of Health (SDOH)

Robbins / Killingsworth

Clifford Walker, NMG, TxCG

*88th Legislative Session - Guardianship Changes - **Legal CE***

Northcutt / Estes (Repeat session)

Chris Parker

*Back to Basics – Ideal Clients, Hidden Dangers - **Legal CE***

Cargill

George Harrison, Ph.D.

*Positive Diversity and Cultural Inclusion (Intent vs Impact) - **Ethics and Diversity CE***

Eitelman

11:00 AM – 12:00 PM

BREAKOUT SESSIONS

Gay Humphrey

*Will Medicare Pay for That? - **Legal and Regulations CE***

Robbins / Killingsworth (Repeat session)

Chuck McPherson and Roger Gipson

Protecting Older Adults and People with Disabilities from Abuse, Neglect, and Exploitation -

Legal and Regulations CE

Cargill

Claire Irwin and Chelsea Couch

*Care You Give: A Campaign to Support Texas Caregivers - **Self-Care CE***

Eitelman

Garrett Davis

*How Alzheimer's Impacts the Church - **Ethics CE***

Northcutt / Estes

12:00 PM – 12:30 PM

LUNCH

12:30 PM – 1:00 PM

KEYNOTE – THE MCANALLY FAMILY

Generational Caregiving

Main Hall

1:00 PM – 2:00 PM

BREAKOUT SESSIONS

Tammy Mermelstein, JD., MSW/Dr. Peggy Determeyer, MDiv, BCC, HEC-C
*Wearing Multiple Hats: The (Sometimes) Conflicting Roles and Ethical Challenges of Being an Aging Professional and Family Caregiver - **Ethics CE***
Eitelman (Repeat session)

Robert Dole
In Rural Texas, Mental Health is Everybody's Business
Robbins / Killingsworth (Repeat session)

Chuck McPherson
Helping Professionals by Day Caregiver, by Night
Cargill

Claire Irwin and Chelsea Couch
Texercise: Fitness and Nutrition for Life!
Northcutt / Estes

2:00 PM – 2:15 PM

BREAK / EXHIBITS

2:15 PM – 3:15 PM

BREAKOUT SESSIONS

Garrett Davis
I Didn't Know I Was a Caregiver!
Eitelman

Clifford Walker, NMG, TxCG
*88th Legislative Session-Guardianship Changes - **Legal CE***
Cargill (Repeat session)

Gay Humphrey
*Will Medicare Pay for That? - **Legal and Regulations CE***
Robbins / Killingsworth (Repeat session)

Tammy Mermelstein, JD., MSW/Dr. Peggy Determeyer, MDiv, BCC, HEC-C
*Being Old Doesn't Mean You Lose the Right to Make Bad Decisions **Ethics CE***
Main Hall (Repeat session)

Jim Bates
*Free Funerals (Almost) - **Ethics CE***
Northcutt / Estes

3:15 PM – 4:15 PM

BREAKOUT SESSIONS

Sara Teichgraeber, Paula Prince, and Trent Gordon
How We Engage Residents of All Levels (Independent, Assisted and Memory Care)
Eitelman

Robert Dole
In Rural Texas, Mental Health is Everybody's Business
Robbins / Killingsworth (Repeat session)

Mark Shaw
What CampV offers for Veterans and Military Personnel
Northcutt / Estes

Tammy Mermelstein, JD., MSW/Dr. Peggy Determeyer, MDiv, BCC, HEC-C
*Wearing Multiple Hats: The (Sometimes) Conflicting Roles and Ethical Challenges of Being an Aging Professional and Family Caregiver - **Ethics CE***
Cargill (Repeat session)

4:15 PM - 5:00 PM

END OF DAY SOCIAL

Garrett Davis
Alzheimer's Film (Q&A) and Ice Cream Social
Main Hall

Thursday, October 5, 2023

8:00 AM – 9:15 AM

KEYNOTE – TAM CUMMINGS

Did COVID Give Me PTSD?
Main Hall

9:45 AM – 10:45 AM

BREAKOUT SESSIONS

Tammy Mermelstein, JD., MSW/Dr. Peggy Determeyer, MDiv, BCC, HEC-C
*Being Old Doesn't Mean You Lose the Right to Make Bad Decisions - **Ethics CE***
Northcutt Estes (Repeat session)

Jaime Feaster

Wellness Starts with "We" – Understanding the Power of Social Connections in Senior Living
Eitelman

Clifford Walker, NMG, TxCG

*Guardianship Lone Star Style - **Legal CE***
Main Hall (Repeat session)

Meaghan Arnold, M.A. CCC-SLP

Don't Choke! The Importance of a Safe Swallow
Robbins / Killingsworth

Tasha Turner

Is Your Relationship with Beauty Masked or Unmasked?
Cargill

10:45 AM - 11:45 AM

BREAKOUT SESSIONS

Tam Cummings

*The Ethics of Dementia Care Management - **Ethics CE***
Northcutt / Estes

Marshall Bennett

Regulations for Caregivers
Robbins / Killingsworth

Paul Zambie

Legal Tools to Aid Caregivers
Cargill

Andrea Baum, M.ED. LPC and Lindsay Goldapp

Improv for Caregivers
Eitelman

11:45 AM – 12:30 PM

LUNCH

12:30 PM – 1:45 PM

KEYNOTES – LUANNE HARMS AND DON KENT

Seeing the Other Side of Dementia and Living with Lewy Body Dementia
Main Hall

1:45 PM - 2:00 PM

BREAK / EXHIBITS

Thank you!

REGISTRATION SPONSOR



Thursday, October 5, 2023

2:00 PM - 3:00 PM

BREAKOUT SESSIONS

Tam Cummings
Five Questions for Every Caregiver
Main Hall

Clifford Walker, NMG, TxCG
Guardianship Lone Star Style - Legal CE
Northcutt / Estes (Repeat session)

Shawn Sams, Pharm D, and Vickey Steward
Review of Alzheimer's Pharmacology
Robbins / Killingsworth

Jake Hooter, Jamal Moharer, Tequita Dudley, and Preston Garcia
Building Transit Awareness
Eitelman

Tasha Turner
Is Your Relationship with Beauty Masked or Unmasked?
Cargill (Repeat session)

3:00 PM - 3:15 PM

BREAK / EXHIBITS

3:15 PM - 4:30 PM

CLOSING KEYNOTE - R. TIMOTHY MCNEIL, SR., DBA AND KARLA SMITH

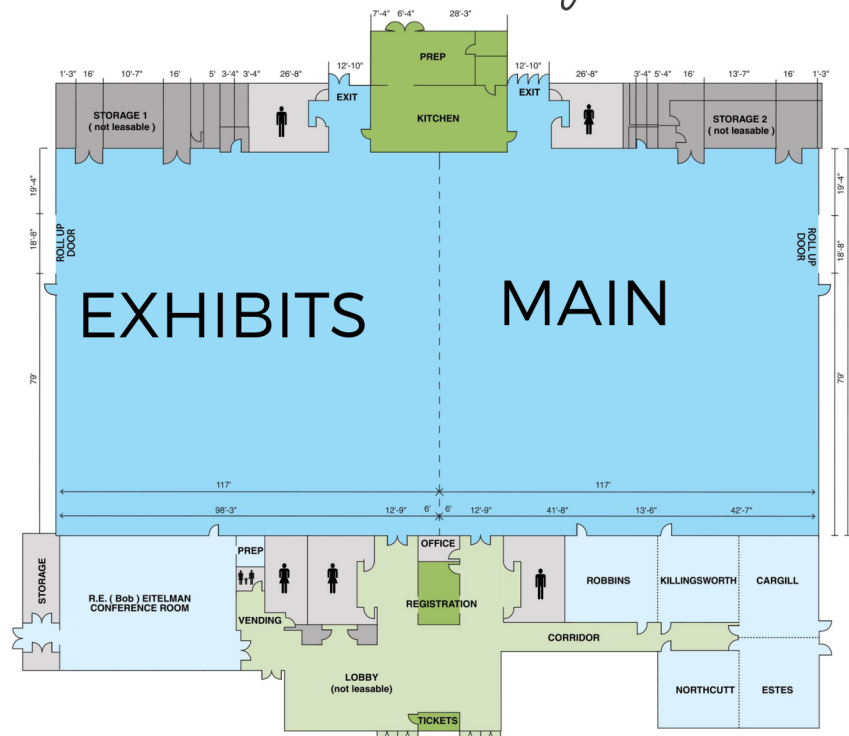
You Got the Right Stuff - Ethics and Diversity CE
Main Hall

4:30 PM - 5:00 PM

CLOSING ACTIVITIES - AAA STAFF

Main Hall

Maude Cobb Layout



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Health Center

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Paris Care Clinic

Jacksonville

Jacksonville Care Clinic

Texarkana, TX

Texarkana Care Clinic - Main St.

Texarkana, AR

Texarkana Care Clinic - 6th St.



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Workshop Descriptions

Wednesday, October 4, 2023

8:15 AM - 9:30 AM

KEYNOTE - Carl Hill, Ph.D. and Garrett Davis

Unforgettable: The Power of Partnership in the Pursuit of Justice and Equity in Dementia Research Care, and Support

This presentation will focus on the disparities and inequities in dementia and dementia care and support; discuss the role of community engagement and empowerment in pursuing social justice; identify opportunities for national and community-based organizations to address health disparities; and discuss opportunities for partnership in pursuing health equity for those disproportionately affected by dementia.

10:00 AM - 11:00 AM

Mindy Robertson

Social Determinants of Health (SDOH)

The U.S. Department of Health and Human Services, Health People of 2030 defines the SDOH as the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. The SDOH is grouped into 5 domains: economic stability, education access, healthcare access, neighborhood and built environment, and social and community context. SDOH's have a major impact on health, well-being, and quality of life; they also contribute to health disparities and inequities. Looking at the SDOH can help communities understand the needs of the community. It also highlights services and gaps in services for individuals and certain groups within a community. Being informed on the conditions, service, and lack of services for individuals and groups helps the community as a whole.

Clifford Walker, NMG, TxCG

88th Legislative Session-Guardianship Changes

This presentation will provide information regarding changes to guardianship laws in Texas by the 88th Legislative Session.

Chris Parker

Back to Basics – Ideal Clients, Hidden Dangers

Everyone at this year's program is here because they want to provide assistance to someone in need. However, before we do our job, whatever that might be, we need to make sure the groundwork has been laid.

George R. Harrison, Ph.D.

Positive Diversity and Cultural Inclusion (Intent vs. Impact)

We are living in a continued culturally changing social society. This presentation will continue your journey into human interaction. This presentation will highlight the art of cultural idiom communication, offering several examples. You will be engaged; you will not be bored. Offering education for abundant life and an experience of a lifetime.

11:00 AM - 12:00 PM

Gaye Humphrey

Will Medicare Pay for That?

As evidenced by demographic reports (and looking in the mirror!), we're aware that our population is aging. The percentage of Texans 65+ is rising, increasing the number of Medicare-eligibles. This presentation provides an overview of Medicare, including updates for 2023 and beyond.

Chuck McPherson and Roger Gipson

Protecting Older Adults and People with Disabilities from Abuse, Neglect and Exploitation

Adult Protective Services is tasked with protecting older adults and people with disabilities from abuse, neglect, and exploitation. This interactive workshop will discuss the day-to-day operation of the program and give you an idea of what to expect from an APS Caseworker.

Claire Irwin and Chelsea Couch

Care You Give: A Campaign to Support Texas Caregivers

There are over 3 million caregivers in Texas, and many are providing care without support. This presentation will cover caregiving in Texas and highlight the Texas Health and Human Services' "Strengthen the Care You Give" statewide caregiver campaign.

Garrett Davis

How Alzheimer's Impacts the Church

Alzheimer's has a way of pushing you into seclusion. This workshop focuses on the importance of not only understanding how to deal with the disease but also how to communicate and meet your members where they are when it comes to caring for a loved one with Alzheimer's.

12:30 PM - 1:00 PM

LUNCH - The McAnally Family

Generational Caregiving

A conversation with the McAnally Family on caregiving for elderly parents.

1:00 PM - 2:00 PM

Tammy Mermelstein, JD., MSW; and Dr. Peggy Determeyer, MDiv, BCC, HEC-C

Wearing Multiple Hats: The (Sometimes) Conflicting Roles and Ethical Challenges of Being an Aging Professional and Family Caregiver

Being a caregiver and an aging professional has unique challenges. Blurred boundaries, the struggle to navigate familiar systems - we face challenges that few others do. This session will combine personal stories with a dash of humor and research for a tough situation that most of us have or will face.



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Workshop Descriptions

Wednesday, continued

Robert Dole

In Rural Texas, Mental Health is Everybody's Business

When rural Texans seek mental health care, they may be unsure where to go. Transportation and broadband gaps in rural Texas can prevent access to care. This workshop will provide strategies to increase access to needed services in rural Texas communities.

Chuck McPherson

Helping Professionals by Day Caregiver by Night

As helping professionals, we find ourselves working in emotional environments dealing with complex issues. The work does not stop at the end of the day, though. Once home, we transition to being a caregiver for our own loved one. Helping professionals who are also family caregivers are at risk for both compassion fatigue and caregiver burnout. We will examine compassion fatigue and caregiver burnout to determine how it relates professionally and personally to the helping professional. We will also explore techniques and frameworks that can be utilized for self-care practice.

Claire Irwin and Chelsea Couch

Texercise: Fitness and Nutrition for Life!

Engaging in regular physical activity and proper nutrition are important to aging and living well. This session shares Texercise, a statewide health promotions initiative operated by Texas Health and Human Services, its array of resources and program components, and how organizations and communities can utilize Texercise to provide healthy aging opportunities for older residents.

2:15 PM - 3:15 PM

Garrett Davis

I Didn't Know I was a Caregiver!

This workshop simply outlines the difference between being a family member and being a caregiver.

Clifford Walker, NMG, TxCG

88th Legislative Session-Guardianship Changes

This presentation will provide information regarding changes to guardianship laws in Texas by the 88th Legislative Session.

Gaye Humphrey

Will Medicare Pay for That?

As evidenced by demographic reports (and looking in the mirror!), we're aware that our population is aging. The percentage of Texans 65+ is rising, increasing the number of Medicare-eligibles. This presentation provides an overview of Medicare, including updates for 2023 and beyond.

Tammy Mermelstein, JD., MSW, and Dr. Peggy Determeyer, MDiv, BCC, HEC-C

Being Old Doesn't Mean You Lose the Right to Make Bad Decisions

It's one of life's most frustrating moments - watching someone make a poor choice that you know will not end well. What ethical responsibilities do we have? Explore how personal biases play into your choices and learn about a new paradigm for a tricky situation.

Jim Bates

Free Funerals (almost)

You will learn how to get the best funeral deal for your pocketbook and emotions. And also how to more fully involve yourself, family, friends, and community in caring for the dead.

3:15 PM - 4:15 PM

Sara Teichgraber, Paula Prince, and Trent Gordon

How We Engage Residents of All Levels (Independent, Assisted and Memory Care)

This presentation will discuss how we engage residents of all levels (independent, assisted, and memory care).

Robert Dole (Repeat Session)

In Rural Texas, Mental Health is Everybody's Business

When rural Texans seek mental health care, they may be unsure where to go. Transportation and broadband gaps in rural Texas can prevent access to care. This workshop will provide strategies to increase access to needed services in rural Texas communities.

Mark Shaw

What CampV offers for Veterans and Military Personnel

This presentation will cover the breakdown of what CampV offers for veterans and current military personnel when it comes to the needs of service members of all generations.

Tammy Mermelstein, JD., MSW; and Dr. Peggy Determeyer, MDiv, BCC, HEC-C (Repeat Session)

Wearing Multiple Hats: The (Sometimes) Conflicting Roles and Ethical Challenges of Being an Aging Professional and Family Caregiver

Being a caregiver and an aging professional has unique challenges. Blurred boundaries, the struggle to navigate familiar systems - we face challenges that few others do. This session will combine personal stories with a dash of humor and research for a tough situation that most of us have or will face.

4:15 PM - 5:00 PM

Garrett Davis

Alzheimer's Film (Q&A) - Ice Cream Social





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Workshop Descriptions

Thursday, October 5, 2023

8:00 AM - 9:15 AM

KEYNOTE - Tam Cummings

Did COVID give me PTSD?

This presentation addresses caregiver self-compassion and begins and ends with stress relief tips of less than two minutes.

Participants will receive a variety of tools to assist them or their patients in recognizing the stress of caregiving and the pandemic.

9:45 AM - 10:45 AM

Tammy Mermelstein, JD., MSW and Dr. Peggy Determeyer, MDiv, BCC, HEC-C

Being Old Doesn't Mean You Lose the Right to Make Bad Decisions

It's one of life's most frustrating moments - watching someone make a poor choice that you know will not end well. What ethical responsibilities do we have? Explore how personal biases play into your choices and learn about a new paradigm for a tricky situation.

Jaime Feaster

Wellness Starts with "We" - Understanding the Power of Social Connections in Senior Living

This workshop will discuss why social connections matter. The impact of social isolation on the health of seniors and its risk factors. Discuss the importance of social connections.

Clifford Walker, NMG, TCCG

Guardianship Lone Star Style

This workshop will provide guidance from the Director of Guardianship at Friends For Life.

Meaghan Arnold, M.A. CCC-SLP

Don't Choke! The Importance of a Safe Swallow

This workshop will detail what normal changes to the swallow look like, why we should care about swallow safety, and how changes to the swallow affect individuals with medical diagnoses like dementia, Head and Neck Cancer, Parkinson's disease, and Stroke.

Tasha Turner

Is Your Relationship with Beauty Masked or Unmasked?

When you Look Good, You Feel Good - It is time to take off the mask of your beauty routine. It's time we stop hiding behind our inner beauty and come out from behind the mask to embrace what's on the outside. We will look at how the physical is tied to your emotional well-being, How to get out of your beauty rut, Learn to have fun with beauty, how to create your own beauty routine that will make you feel like a million bucks, and tips and tricks from the pros on how to be your best self.

10:45 AM - 11:45 AM

Tam Cummings

The Ethics of Dementia Care Management

This presentation looks at the effects of how we treat and provide care for a person with dementia. Is care and family support based on medical facts?

Marshall Bennett

Regulations for Caregivers

This presentation will focus on specific caregiver provider rules/regulations related to individual caregivers, also from regulatory perspectives.

Paul Zambie

Legal Tools to Aid Caregivers

This presentation will cover an overview of legal documents to aid in alleviating caregiver needs and worries. The speaker will discuss Advance Directives, POAs, Long Term Medicaid eligibility, Medicaid estate recovery (MERP), and the Transfer on Death Deed (TODD).

Andrea Baum, M.ED. LPC and Lindsay Goldapp

Improv for Caregivers

Improv for Caregivers is an interactive workshop from Stomping Ground Comedy Theater that combines improv comedy games with therapeutic techniques to help caregivers cultivate ease, joy, and flexibility in their relationship and communication with their loved ones or clients with Alzheimer's or Dementia.

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Workshop Descriptions

Thursday, continued

12:30 PM - 1:45 PM

KEYNOTE - Luanne Harms

Seeing the other side of Dementia, Luanne Harms – "I am Lewy" Don Kent – Person living with Lewy Body Dementia

Luanne Harms will discuss how all senses are affected by people living with dementia and highlight the role of vision. The impact of changing sensory awareness as dementia progresses. Discuss the importance that vision plays with people living with dementia. Don Kent is living with Lewy Body Dementia, its causes, risk factors, common symptoms, and diagnosing LBD and understanding his journey with dementia along with the mental and physical challenges.

2:00 PM - 3:00 PM

Tam Cummings

Five Questions for Every Caregiver

This presentation empowers the audience members to understand the nine most common dementias and remove the ones their loved one doesn't have so they can return to the doctor with better questions. Why doesn't a person with dementia, who has a dying brain, get treated differently than a person with brain cancer?

Clifford Walker, NMG, TxCG

Guardianship Lone Star Style

Looking at guardianship in the State of Texas – the do's and don'ts.

Shawn Sams, Pharm D, and Vickey Steward

Review of Alzheimer's Pharmacology

A review of approved Alzheimer's medications.

Jake Hooter, Jamal Moharer, Tequita Dudley, and Preston Garcia

Building Transit Awareness

Join us for an enlightening panel discussion featuring representatives from prominent transit agencies, including Tyler Transit, Longview Transit, NDMJ, and GoBus Transit. This engaging session aims to foster a deeper understanding and awareness of the critical role that transit plays in our communities; explore enhancing accessibility, promoting sustainable transportation options, addressing the evolving needs of commuters, and improving the overall transit experiences; share their insights, strategies, and success stories in developing efficient and user-friendly transit system; and this panel is a platform to exchange ideas, discuss best practices, and envision the future of public transportation.

Tasha Turner

Is Your Relationship with Beauty Masked or Unmasked?

When you Look Good, You Feel Good – It is time to take off the mask of your beauty routine. It's time we stop hiding behind our inner beauty and come out from behind the mask to embrace what's on the outside. We will look at how the physical is tied to your emotional well-being, How to get out of your beauty rut, Learn to have fun with beauty, how to create your own beauty routine that will make you feel like a million bucks, and tips and tricks from the pros on how to be your best self.

3:15 PM - 4:30 PM

R. Timothy McNeil, Sr., DBA; and Karla Smith

You Got the Right Stuff

This seminar will focus on inspiring, empowering, and encouraging caregivers and showing them the importance of caregiving but also loving yourself as you "Take Care While Giving Care."

GDAVIS PRODUCTIONS AND FILMS est1994

Gdavis Productions and films is an urban theater/film company that has been touring stage plays since 1994. Gdavis Productions started off as Rhema Theatre Group Ministries in Raeford, NC when Gdavis penned his first stage production entitled *"Lord Why Me"*.

After his first national tour and the success of *"If Loving You is Wrong"* that featured Freddie Jackson, the name was changed to Gdavis Productions and the slogan was established *"Bringing Real Life Situation to the Stage."*

Now 26 years later and over 20 productions written, directed and produced by Garrett Davis, Gdavis Productions is one of the leading theater companies in the country nationally touring multiple productions for 5 consecutive years and counting with *Mama's Girls, Daddy's Boys, Sisters at Heat, Clearly Invisible* and *Forget Me Not*.

Some of the industry's top entertainers have been presented in a Gdavis Production including Ann Nesby, Melvin Williams of the William Brothers, Gerald Alston and Blue Lovette from the Mannhattans, Tony Terry, Carl Payne, Sister Cantaloupe, Gary Jenkins from Silk, Regina Belle, Freddie Jackson, Cherelle and Shirley Murdock just to name a few. Gdavis Productions partnered with Harper Collins Best Selling author Nina Fox to transform her book *Marrying Up* into a stage play that starred American Idol Finalist Melinda Doolittle.

The relationships that Gdavis Productions has established over the years with the National Alzheimer's Association, US Against Alzheimer's, Wake Forest Baptist Medical Center, The Maya Angelou Center on Health Equity, The American Diabetes Association, the Prostate Health Education Network and AARP has created a unique partnership that focuses on raising the awareness about various diseases and care giving through award winning projects and theatrical productions.

Gdavis Production is committed to bringing real life situations to the stage that will bring light to issues and concerns that effect our community in hopes of creating a change for a better quality of life for everyone.

The addition of the film division was added in 2019 with Nachele Knox operating as the Interim Director. The film division is responsible for producing vignettes that are used for educational and training purposes. The film division also produces the *Living With Series* that feature excerpts from various Gdavis Productions theatrical projects that have toured nationally.





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Keynote Speaker Bios

Carl V. Hill

Unforgettable: The Power of Partnership in the Pursuit of Justice and Equity in Dementia Research, Care, and Support

Dr. Carl V. Hill is a prominent figure in the Alzheimer's Association, where he serves as the Chief Diversity, Equity, and Inclusion Officer. He is committed to strengthening the Association's outreach to all populations and providing communities with the necessary resources and support to address the Alzheimer's crisis. Dr. Hill is a strong advocate for diversity and inclusion in dementia science and has authored editorials highlighting the need for representative perspectives to tackle disparities. He holds a Ph.D. from the University of Michigan School of Public Health and a master's degree in public health from Morehouse School of Medicine.



Tam Cummings

Did COVID Give Me PTSD?

Dr. Tam Cummings, the founder of a reputable gerontology practice in the Texas Hill Country, established her company with a mission to inspire, educate, and empower dementia caregivers. Recognized as a leading educator in dementia care in Texas and nationally, Dr. Cummings brings her expertise and passion to the conference. Her insights into program design for dementia care are invaluable for anyone involved in caregiving for individuals with dementia.



Garrett Davis

Unforgettable: The Power of Partnership in the Pursuit of Justice and Equity in Dementia Research, Care, and Support

Garrett Davis is a multi-talented performer and health advocate whose journey is driven by a unique combination of performing arts and public health. As the CEO/Founder of Gdavis Productions and Films, Garrett has been a driving force behind the "Forget Me Not Project," an urban stage play that raises awareness about Alzheimer's disease. His dedication to advocacy earned him the title of Alzheimer's Association Advocate of the Year in 2012. Through his impactful work, Garrett has been instrumental in reducing disparities in care and improving health outcomes, particularly for underserved populations.





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Timothy McNeil

You Got the Right Stuff

With a deep-rooted passion for conferences and seminars, Dr. Timothy McNeil serves as the founding pastor of the Community Fellowship Church, which has its headquarters in both Windsor, CT, and Wellington, FL. Driven by his educational background, which includes a Bachelor of Arts in Mass Communications, a Master of Business Administration in Marketing Management, and a Doctor of Business Administration with a specialization in Business Intelligence, Tim utilizes his platform as a featured inspirational facilitator and panelist at various church, faith-based, and corporate events. Through these engagements, his primary goal is to uplift, empower, and inspire as many individuals as possible.



Sponsored by

Luanne Harms

Seeing the Other Side of Dementia and Living with Lewy Body Dementia

Luanne Harms is a passionate advocate for changing the culture of dementia care. As a Teepa Snow Positive Approach to Care Certified Independent Trainer, Consultant, and Engagement Leader, she brings a comprehensive understanding of dementia care to the table. With multiple certifications in the field, including Dementia Caregiver Specialist and Texas Oasis Dementia Trainer, Luanne plays a crucial role in training various healthcare professionals, caregivers, and community members.



The McAnally Family

Generational Caregiving

Families are complicated. Ours is no exception. We have been touched by conflict, death, disease, financial hardship, divorce, and more, but our faith, mutual love, and respect for one another have sustained us. Our circumstances are not perfect, even though some looking from the outside might think so. We are simply doing the best we can to take care of our Dad and Mom in their latter years while trying to keep our own lives and health in balance. As a result of our unusual journey, I (Tamra) decided to collaborate with my siblings and use Dad's journey to his 100th birthday as the basis for a book. In it, we will describe the day-to-day challenges as well as the joys that accompany long-term care for parents. We are sharing our experiences in hopes that others who travel this same path will be encouraged and comforted.



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REACH 32

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Oct. 15 – Dec. 7

1. Please identify the type of agency/organization for which you work:

☐ State Agency ☐ NH/Assisted Living ☐ Home Health
☐ Retirement Home ☐ Non-Profit Agency ☐ Other

2. How would you rate the overall conference? (1-10, 10 being the best)

1 2 3 4 5 6 7 8 9 10

3. Were the topics covered at the REACH Conference important to your professional development? (1-10, 10 being the best)

1 2 3 4 5 6 7 8 9 10

4. Which session(s) did you find most beneficial?

5. How can we improve the conference in the future?

6. Would you recommend this conference to others?

☐ YES ☐ NO

7. Were the topics covered at the REACH Conference important to your professional development? (1-10, 10 being the best)

Conference Content	<input type="checkbox"/> Dissatisfied	<input type="checkbox"/> Satisfied	<input type="checkbox"/> Neutral
Registration Process	<input type="checkbox"/> Dissatisfied	<input type="checkbox"/> Satisfied	<input type="checkbox"/> Neutral
Maude Cobb Venue	<input type="checkbox"/> Dissatisfied	<input type="checkbox"/> Satisfied	<input type="checkbox"/> Neutral
Food & Beverage	<input type="checkbox"/> Dissatisfied	<input type="checkbox"/> Satisfied	<input type="checkbox"/> Neutral

We need your feedback to continue our success! Please complete evaluations and turn them in at the conference at the registration desk or after the conference by emailing Sophia.Lawson@etcog.org or mailing them to the AAA, Attn: Sophia Lawson, 3800 Stone Road Kilgore, Texas 75662.



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