

CONFERENCE SCHEDULE

7:30 - 8:00 a.m. **Registration and Breakfast**
 8:00 - 8:30 a.m. **Welcome**

Joanne E. Williams, Director, Baltimore County Department of Aging
Kevin Kamenetz, County Executive, Baltimore County Government

8:30-9:30 a.m. **Keynote Speaker – THE POWER AND POTENTIAL OF THE MATURE MIND** - Roger Anunsen, (JD), Gerontology Faculty Portland (OR) Community College, President & Founder of MINDRAMP Consulting and Michael C. Patterson, (MALS), CEO & Founder of MINDRAMP Consulting

9:30- 9:45 a.m. **Coffee Break**
 (Your assignments for each session are recorded on your name badge for your convenience)

9:45 - 10:45 a.m. SESSION ONE (Select one of the following)

A. **Better Brains By Design** - Roger Anunsen, (JD), Gerontology Faculty Portland (OR) Community College, President & Founder of MINDRAMP Consulting and Michael C. Patterson, (MALS), CEO & Founder of MINDRAMP Consulting
 B. **Brain Disorders and Yoga Therapy**- Nicole Absar, Diplomate, Behavioral Neurology & Neuropsychiatry, Medical Director, Copper Ridge Memory Disorders Clinic

10:55 - 11:55 a.m. SESSION TWO (Select one of the following)

A. **Helping Persons with Brain Dysfunction Manage Problems with Emotions, Cognition, and Behavior** - William Stiers, PhD, ABPP (RP), Associate Professor, Johns Hopkins University School of Medicine
 B. **Maintaining Brain Health As We Get Older** - Dr. Corinne Pettigrew, PhD, BIOCARD Study, Department of Neurology, Johns Hopkins University School of Medicine
 C. **The Worst Thing About This Illness Is Its Name – “Depression”** - Elias K, Shaya, MD, DFAPA, Co-chair, Behavioral Health Council, MedStar Health, Inc., Medical Director, Past President & Council, Chair, Maryland Psychiatric Society

12:00 - 1:00 p.m. **Lunch Break**

1:00 - 2:00 p.m. SESSION THREE (Select one of the following)

A. **Lost and Afraid – The Burden of Dementia** - Nancy Rodriguez-Weller, RPh., FASCP, Assistant Professor of Pharmacy Practice and Administration, School of Pharmacy, University of Maryland Eastern Shore
 B. **Layers of the Dementia ‘Onion’, and Social Work Support for Caregiver Challenges** - Mary Faith Ferretto, LCSW-C, C-ASWCM, Aging Life Care™ Manager, Ferretto Eldercare Consulting, Inc.
 C. **New Research on How to Boost Your Brain Performance and Grow Your Hippocampus, in 3 Months** - Majid Fotuhi, MD PhD, Medical Director, Neuro Grow Brain Fitness Center, Johns Hopkins Medicine

2:00-2:15 p.m. **Beverage Break**

Every effort is made to ensure a comfortable temperature in the conference rooms, but personal preferences vary. Please dress in layers.

Special Needs: If you need special accommodations, please call 410-887-2002 by April 15.

2:15 - 4:00 p.m. SESSION FOUR

Preventative Keys for Brain Health Panel Discussion

Exercise - J. Carson Smith, PhD, FACSM, Associate Professor, Cognitive Motor Neuroscience Laboratories, Neuroscience & Cognitive Science Program, University of Maryland

Nutrition – Chris D’Adamo, Ph.D., University of Maryland School of Medicine Assistant Professor, Department of Family and Community Medicine, Department of Epidemiology and Public Health, Director of Research Center for Integrative Medicine

Socialization – Susan Bender, MA, LNHA (Master of Arts Transformative Leadership and Social Change, Licensed Nursing Home Administrator), Keswick

Medication - Nancy Rodriguez-Weller, RPh., FASCP, Assistant Professor of Pharmacy Practice and Administration, School of Pharmacy, University of Maryland Eastern Shore

4:00 p.m. Closing - *Certificates for Attendance and CEUs will be distributed from the registration table at the end of the conference.*

CEU INFORMATION

Five (5) continuing education credit hours will be available for Social Workers (Category 1.)

Conference includes Continental Breakfast, Lunch, Workshops and Certificate.

\$65 Registration after April 1, 2016
 \$60 Early Bird Discount before April 1, 2016.
 \$30 Student Rate - Must include copy of current ID.

SENIOR SOLUTIONS REGISTRATION FORM

May 5 • 8:00 a.m. - 4:00 p.m.

Name _____

Daytime Phone _____

Address _____

City _____

State _____ Zip _____

Email _____

Employer (If Applicable) _____

Certificate applying for

Social Work CEU Attendance

Yes, I need a Sign Language Interpreter _____

cut on dotted line

WORKSHOP CHOICES

(SPECIFY SESSIONS YOU PLAN TO ATTEND)

First Choice Second Choice

SESSION ONE: _____

SESSION TWO: _____

SESSION THREE: _____

Make check payable to:

BALTIMORE COUNTY, MARYLAND

and send with Registration Form to
 Attn: Senior Solutions, Room 302
 Baltimore County Department of Aging
 611 Central Avenue, Towson, MD 21204



County Executive Kevin Kamenetz
and the Baltimore County Council

www.baltimorecountymd.gov

BALTIMORE COUNTY COMMISSION ON AGING



S·E·N·I·O·R SOLUTIONS

Registration is limited.
Please respond by
April 15, 2016.

No Refunds

DIRECTIONS

Hunt Valley Inn

245 Shawan Road,

Hunt Valley, Maryland 21031

Driving directions: I-95 North to I-695 North

(Towson) to I-83 North to Exit 20A

(Shawan Road). Hotel is first right off
of Exit 20A.

Limited sponsorships available.

410-887-2012

SPONSORED BY

KEVIN KAMENETZ

Baltimore County Executive

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EXHIBITORS



Frank, Frank & Scherr, LLC



S·E·N·I·O·R SOLUTIONS

Conference



BRAIN MATTERS

*Discovering the Latest Research,
Learning Best Practices and
Changing Lives*

**THURSDAY,
MAY 5, 2016
8 A.M. - 4 P.M.**
Hunt Valley Inn



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and the Baltimore County Council