

# Collaborating for a Dementia-Friendly Washington: **Expanding Possibilities**

## Session Descriptions

### **PRE-CONFERENCE HAPPY HOUR Dementia Friends demo**

**Lynn Crawford**, RN, BSN. *Dementia Friends Champion, HOPE Dementia Support*

**Julie Donovan**. *Dementia Friends Champion, HOPE Dementia Support*

Dementia Friends is a dementia awareness and anti-stigma campaign offered around the world and currently being implemented in Washington State. Community volunteers are trained to offer 1-hour dementia information sessions that provide a basic overview of dementia and how to be supportive, and invite attendees to commit to one small action they can take to make their community more dementia-friendly. In this pre-conference event, experience a Dementia Friends information session for yourself! Gain a basic understanding of dementia and consider how you may be able to use this program to raise dementia awareness in your own community.

### **KEYNOTE & DISCUSSION Caring for Mom: Stories of Community**

**Keynote: LueRachelle Brim-Atkins**. *Principal Consultant, Brim-Donahoe & Associates; Mother's caregiver*

#### **Discussants:**

**Flavia Batteau Walton**, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, MD*

**Jan Dougherty**, MS, RN, FAAN. *Author and Speaker on Dementia-Friendly Communities*

**Julie Jackson**. *Recreation Manager, Richland Parks & Public Facilities Department*

In this presentation, LueRachelle Brim-Atkins will share insightful and touching reflections on her experience as a caregiver out and about in the community with her mother. Her stories about time at the local senior center, church, businesses and more will shed light on what makes a community dementia-friendly, and why a dementia-friendly community is so important in the lives of people with dementia and their families.

### **SESSION 1A — Dementia Friendly America: Engaging the Entire Community**

**Meredith Hanley**, MSW. *Project Director, Dementia Friendly America*

It takes a village to build a dementia-friendly community! In this session, learn from the lead of Dementia Friendly America about the roles played by various sectors of a community — such as local government, businesses, libraries, faith communities, hospitals and more. Understand how to prioritize your community outreach. Discover the free sector-specific resources available from Dementia Friendly America, and learn how to use them to engage your entire community in becoming more dementia-friendly.

### **SESSION 1B — Indigenous Perspectives on Dementia and Dementia-Friendly Communities**

**Moderator: Ka'imi A. Sinclair**, PhD, MPH. *Associate Professor, Institute for Research and Education to Advance Community Health (IREACH), College of Nursing, Washington State University*

**Becky Bendixen**. *Tribal Specialist, Wisdom Warrior T-Trainer, Northwest Regional Council*

**Dave Baldridge**. *Executive Director, International Association for Indigenous Aging*

**Jordan P. Lewis**, PhD, MSW. *Associate Director, Memory Keepers Medical Discovery Team; Professor, Department of Family Medicine & Biobehavioral Health, University of Minnesota Medical School, Duluth Campus*

What are Indigenous perspectives of dementia? How does Indigenous culture inform what a dementia-friendly community might look like? What cultural practices or formal programs support and respect the inclusion of elders, including those with memory loss? Explore these themes and more in a panel discussion with experts from Indigenous communities.

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## Session Descriptions

### SESSION 1C — Dementia-Friendly Faith Communities and Libraries: Successful Approaches

**Flavia Batteau Walton**, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, MD*

**Mary Beth Riedner**, MLS. *Library Services for Dementia/Alzheimer's Interest Group, American Library Association*

As well-trusted sources of support, resources and information, faith communities and libraries can play a vital role in making a community dementia-friendly. In this session, discover tried and true ways to engage these key sectors of your community. Dr. Flavia Batteau Walton of Dementia Friendly Prince George's County, Maryland, will describe specific approaches she's found effective in outreach to Black churches and other faith communities in the region. Mary Beth Riedner, a leader for the American Library Association's dementia interest group, will share practical dementia-related resources and programs that you can bring to your local library. Leave knowing concrete steps to actively involve faith communities and libraries in your dementia-friendly community efforts.

### Innovation Showcase: Maude's Awards Reception

During this year's conference, we are pleased to host a reception announcing the 2021 winners of the Maude's Awards for Innovations in Alzheimer's Care. Join us online to meet the eight awardees and learn about their innovative programs and practices of care that are enriching the lives of people living with dementia and their care partners. Maude's Awards was founded in 2020 by philanthropist Richard Ferry in honor of his beloved wife Maude. Learn more at [www.maudesawards.org](http://www.maudesawards.org).

### SESSION 2A — Dementia Friendly America: Success Stories

**Moderator: Meredith Hanley**, MSW. *Project Director, Dementia Friendly America*

**Mark Haberman**. *Planning and Resource Director, Aging & Long Term Care of Eastern Washington*

**Joel Loiacono**, MPA and Master's Level HCA. *Regional Director for Eastern Washington & North Idaho, Alzheimer's Association, Washington State Chapter*

**Britta Willson**, MA. *Lead, Dementia Friendly in the Gorge*

**Flavia Batteau Walton**, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, MD*

Dementia Friendly America provides a structured process for entire cities or regions to become dementia-friendly. In this session, hear a quick review of this model, then enjoy success stories and lessons learned from three communities at different stages in the process. Washington's first dementia-friendly community, Spokane County, will provide an update on their early progress. The Dementia Friendly in the Gorge effort, focused on counties on either side of the Columbia River Gorge, will share about successes in rural areas. Finally, one of the original pilot communities to adopt the Dementia Friendly America model — Prince George's County, Maryland — will offer lessons learned over the past 6 years. Discover the Dementia Friendly America model in action, and be inspired by what is possible in your own community.

### SESSION 2B — Reaching Diverse Communities with the Dementia Friends Program

**Heather Chun**, MSW. *Senior Director of Aging and Caregiver Programs, National Asian Pacific Center on Aging*

**Leticia Meza**. *Community Education & Outreach Specialist, East Los Angeles Service Center, Alzheimer's Los Angeles*

**Nicole Lomay**, BIS. *Senior Outreach Program Manager, Banner Alzheimer's Institute*

Dementia Friends, a global initiative underway here in Washington, involves training community volunteers to deliver 1-hour in-person or virtual information sessions that build dementia awareness and inspire practical actions to support people with dementia. Program materials have been translated and culturally adapted for a variety of diverse communities. In this session, hear examples of how the program has been tailored for particular Indigenous, Latinx and AAPI populations. Increase your understanding of culturally appropriate dementia awareness efforts and explore how the Dementia Friends program can help support racial equity in your dementia-friendly communities efforts.

### SESSION 2C — Dementia-Friendly Programs Across Generations

**Jennifer Kulik**, Ph.D. *Founder and CEO of SilverKite Community Arts*

**Zaldy S. Tan**, MD, MPH, FACP. *Project Director, TimeOut@UCLA*

While dementia-friendly programs in the community are often geared toward older adults, young people can play a vital role. In this session, learn from the leaders of two innovative programs that have both received national recognition from Generations United. Dr. Jen Kulik of SilverKite Community Arts will offer insights into developing successful intergenerational, dementia-friendly activities like folk dance, oral history, theater and more. Dr. Zaldy Tan, project director for TimeOut@UCLA, will share about this student-run program that provides companionship across generations. Leave with specific, inspiring ideas for incorporating youth into your dementia-friendly efforts!

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## Event Schedule

### Pre-Conference “Happy Hour”– Monday, September 13

- 4:00 – 5:00 pm **Dementia Friends demo**  
Gain first-hand experience with this global dementia awareness program and consider how it can be used in your community  
**Lynn Crawford**, RN, BSN. *Dementia Friends Champion, HOPE Dementia Support*  
**Julie Donovan**. *Dementia Friends Champion, HOPE Dementia Support*

### Day 1 – Tuesday, September 14

- 9 – 9:20am **Welcome & Overview**
- 9:20 – 10:15am **Keynote & Discussion – Caring for Mom: Stories of Community**  
Reflect on the value of dementia-friendly communities through the compelling stories of a caregiver and her mother  
**LueRachelle Brim-Atkins**. *Principal Consultant, Brim-Donahoe & Associates; Mother's caregiver*
- DISCUSSANTS: **Flavia Batteau Walton**, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, Maryland*  
**Jan Dougherty**, MS, RN, FAAN. *Author and Speaker on Dementia-Friendly Communities*  
**Julie Jackson**. *Recreation Manager, Richland Parks & Public Facilities Department*
- 10:15 – 10:35am **Small Group Discussion**  
Meet others working to make their communities dementia-friendly as you share takeaways from the keynote presentation

10:35 – 10:45am **BREAK**

10:45 – 11:45am **BREAK-OUT SESSIONS #1**

- Session 1A Dementia Friendly America: Engaging the Entire Community**  
Learn from the lead of Dementia Friendly America about how to mobilize all sectors in a community to become dementia-friendly  
**Meredith Hanley**, MSW. *Project Director, Dementia Friendly America*
- Session 1B Indigenous Perspectives on Dementia and Dementia-Friendly Communities**  
Join Indigenous experts to explore what dementia, and dementia-friendly, means from their communities' perspectives
- MODERATOR: **Ka`imi A. Sinclair**, PhD, MPH. *Associate Professor, Institute for Research and Education to Advance Community Health (IREACH), College of Nursing, Washington State University*  
**Becky Bendixen**. *Tribal Specialist, Wisdom Warrior T-Trainer, Northwest Regional Council*  
**Dave Baldrige**. *Executive Director, International Association for Indigenous Aging*  
**Jordan P. Lewis**, PhD, MSW. *Associate Director, Memory Keepers Medical Discovery Team; Professor, Department of Family Medicine & Biobehavioral Health, University of Minnesota Medical School, Duluth Campus*

10:45 – 11:45am **BREAK-OUT SESSIONS #1 CONTINUED**

**Session 1C Dementia-Friendly Faith Communities and Libraries: Successful Approaches**

Discover practical programs and resources to help your faith communities and libraries become more dementia-friendly

**Flavia Batteau Walton**, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, Maryland*

**Mary Beth Riedner**, MLS. *Library Services for Dementia/Alzheimer's Interest Group, American Library Association*

11:45am– 12pm **Dementia-Friendly Program Demo: Tai Chi Connections**

**Joe Liao**. *Tai Chi Master*

**Laurelynn Brooks**. *Health Advocate/Caregiver and former Science Educator*

12pm **CLOSING**

## Day 2 – Wednesday, September 15

9 – 9:15am **Welcome;  
Dementia-Friendly Program Demo: DANCE for the Body, Mind and Spirit**

**Chris Daigre**. *Owner, danceDaigre*

9:15 – 10:15am **Innovation Showcase: Maude's Awards Reception**

Meet the winners of the [2021 Maude's Awards for Innovations in Alzheimer's Care](#), eight organizations or individuals who have developed programs and practices of care that enrich the lives of people with dementia and their care partners.

10:15 – 10:25am **BREAK**

10:25 – 11:25am **BREAK-OUT SESSIONS #2:**

**Session 2A Dementia Friendly America: Success Stories**

Hear lessons learned from three communities at different stages of the Dementia Friendly America model, including takeaways for rural communities

MODERATOR: **Meredith Hanley**, MSW. *Project Director, Dementia Friendly America*

**Mark Haberman**. *Planning and Resource Director, Aging & Long Term Care of Eastern Washington*

**Joel Loiacono**, MPA and Master's Level HCA. *Regional Director for Eastern Washington & North Idaho, Alzheimer's Association, Washington State Chapter*

**Britta Willson**, MA. *Lead, Dementia Friendly in the Gorge*

**Flavia Batteau Walton**, PhD. *Lead, South County Action Team, Dementia Friendly America Prince George's County, Maryland*

**Session 2B Reaching Diverse Communities with the Dementia Friends Program**

Discover ways the Dementia Friends dementia awareness program has been tailored to reach particular AAPI, Indigenous and Latinx communities

**Heather Chun**, MSW. *Senior Director of Aging and Caregiver Programs, National Asian Pacific Center on Aging*

**Leticia Meza**. *Community Education & Outreach Specialist, East Los Angeles Service Center, Alzheimer's Los Angeles*

**Nicole Lomay**, BIS. *Senior Outreach Program Manager, Banner Alzheimer's Institute*

**Session 2C Dementia-Friendly Programs Across Generations**

Learn from award-winning intergenerational, dementia-friendly programs about how to incorporate youth into your efforts

**Jennifer Kulik**, Ph.D. *Founder and CEO of SilverKite Community Arts*

**Zaldy S. Tan**, MD, MPH, FACP. *Project Director, TimeOut@UCLA*

11:25 – 11:55am **Reflection and Small Group Discussion:**

Gather to share next steps you aim to take in your community

11:55am - 12pm **CLOSING**

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## Speaker Bios



### **Becky Bendixen** — Tribal Specialist, Wisdom Warrior T-Trainer, Northwest Regional Council

Becky Bendixen (Unangax) was born in the Territory of Alaska in King Cove, a fishing village of 700 people, located about 650 miles from anywhere. She lived in King Cove, happily subsisting on the plentiful Alaskan bounty for over 40 years before moving to Washington State. As a tribal specialist for Northwest Regional Council, she co-created Wisdom Warriors, a culturally tailored approach for managing chronic conditions. The Wisdom Warriors program is changing elders' lives on a daily basis and she feels blessed to be one of the program's creators. Becky has increased her outreach to indigenous nations every year as Wisdom Warriors goes nationwide. Collaborating with tribes to implement Wisdom Warriors and share it throughout indigenous communities will always be one of her life's greatest passions. She notes, "Embracing our Indigenous ways is a priority for our people, as we heal and become stronger in ways that honor our sovereignty."



### **Britta Willson, MA** — Lead, Dementia Friendly in the Gorge

Britta Willson is a gerontologist who has worked with older adults for over 20 years. She lives in The Dalles, Oregon and works as the program coordinator for Providence Volunteers in Action. This organization provides social and practical support to older adults in Hood River and Klickitat Counties. Through her work with the Aging in the Gorge Alliance, Britta helped the Mid-Columbia Gorge region become the first community in Oregon to join the Dementia Friendly America network.



### **Chris Daigre** — Owner, danceDaigre [www.danceDaigre.com](http://www.danceDaigre.com)

As a dance and fitness teacher for over 25 years, Chris was diagnosed with Parkinson's Disease about two years ago. After accepting the new reality, and with a grant from the Northwest Chapter of the American Parkinson Disease Association, he created DANCE for the Body, Mind and Spirit. This is a dance class for people with Parkinson's disease, based on his personal journey with movement that feels good on his body. The result was a class that incorporates great music, relaxation, joint mobility, range of motion, balance, and cognitive enhancement.



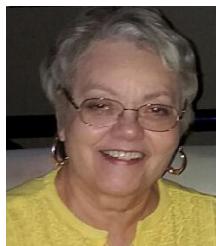
### **Dave Baldrige** — Executive Director, International Association for Indigenous Aging

Dave Baldrige (Cherokee) is a nationally-recognized Native advocate for elder issues who has served as the Executive Director of the International Association for Indigenous Aging since 2003. Prior to that, he was the Executive Director of the National Indian Council on Aging from 1992-2002. His recent work includes national leadership for the Center for Disease Control's initiatives to address Alzheimer's disease and dementia among American Indians.



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## Speaker Bios



### **Flavia Batteau Walton, PhD.** — Lead, South County Action Team, Dementia Friendly America Prince George's County, Maryland

Dr. Flavia Batteau Walton currently leads the Dementia Friendly America Prince George's County Initiative in South County. In this capacity, she developed and implemented several programs to educate and serve the community. This includes the Purple Worship Service targeted to meet the cognitive needs of individuals living with dementia and their families and a grief and recovery support group for individuals experiencing a loss of any kind during the pandemic.

Dr. Walton received a B.A. from Mills College in Oakland California and an M.S. and Ph.D. from the University of Arizona. She has spent most of her career identifying and mobilizing resources to build human and community capacity that improves education, health, and economic outcomes for individuals and organizations. In her leadership positions, Dr. Walton has worked with elected local, state, and national officials to mobilize community groups and institutions to garner support and advocacy for the most vulnerable individuals and their families. She uses her knowledge to develop and evaluate programs and policies that impact the lives and environments of individuals, their families, and their communities.



### **Heather Chun, MSW** — Senior Director of Aging and Caregiver Programs, National Asian Pacific Center on Aging (NAPCA)

Heather Chun was involved in a partnership between NAPCA and Dementia Friends Hawaii to culturally adapt Dementia Friends and outreach strategies to engage Chinese and Samoan communities. Prior to NAPCA, Heather worked in Hawaii's Aging Network where she helped develop systems change initiatives, such as Age Friendly Honolulu, the Hawaii Alzheimer's Disease Initiative (HADI), and the Hawaii State Plan on Alzheimer's Disease and Related Dementias (ADRD).



### **Jennifer Kulik, Ph.D.** — Founder and CEO of SilverKite Community Arts

Dr. Kulik is the Founder and CEO of SilverKite Community Arts ([www.silverkite.us](http://www.silverkite.us)), a Seattle-based arts company dedicated to designing, supporting, and facilitating intergenerational arts experiences and arts programs for older adults. Through SilverKite, Jen partners with Seattle area organizations to design and facilitate arts programs for persons with dementia and for care partners.

In 2012 Jen was awarded a Fulbright Distinguished Award in Teaching Fellowship to conduct intergenerational arts research in Singapore. She also received a Fulbright Alumni Award in 2013 to present at a conference in Boston on an intergenerational program she designed with a colleague in Colorado. Jen has presented workshops on intergenerational program development in Brazil, Ethiopia, Singapore, France, the UK, Denmark, and South Africa in addition to many locations in the United States. She holds a Ph.D. in theatre from Arizona State University, an M.Ed. in curriculum and instruction from the University of Washington, and a B.A. in theatre from Grinnell College.



### **Joe Liao** — Tai Chi Master

### **Laurelynn Brooks** — Health Advocate/Caregiver and former Science Educator

Master Joe has studied tai chi since childhood, has taught tai chi for over 30 years, and lives his life practicing its principles of harmony, balance, compassion, diligence and loving-kindness. Laure's 30-year career as a science teacher focused on how people learn and actualize their development. She is on a mission to discover each person's unique gift and contribution to society, especially in her role as family caregiver. With the support of Laure's advocacy, Master Joe continued to teach tai chi to the wider community during COVID from inside his memory care home. Together they use their gifts to build healthy, connected communities for a dementia-friendly world.

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## Speaker Bios



**Joel Loiacono**, MPA and Master's Level HCA — Regional Director for Eastern Washington & North Idaho, Alzheimer's Association, Washington State Chapter

Joel Loiacono has been with the Alzheimer's Association for 23 years. He is a recognized regional speaker on Alzheimer's disease and related dementias. He has opened and operated a dementia care facility and has over 23 years of experience in providing dementia care training and support for families.

Joel was born and raised in Walla Walla, graduating with a political science degree in 1984 from Washington State University. He also holds a master's degree in public administration and a master's level certificate in health care administration from Eastern Washington University.



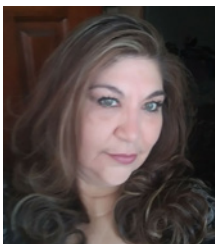
**Jordan P. Lewis**, PhD, MSW — Associate Director, Memory Keepers Medical Discovery Team; Professor, Department of Family Medicine & Biobehavioral Health, University of Minnesota Medical School, Duluth Campus

Dr. Jordan P. Lewis (Aleut) is a cross-cultural community psychologist, social worker, and credentialed professional gerontologist. His research develops approaches, generated by the wisdom of the elders, to improve the health of all generations. This includes peer-based caregiver education training and community-based programs to develop dementia-friendly families and communities.



**Julie Donovan**, post-graduate certificate, gerontology — Dementia Champion, Hope Dementia Support

Julie came to HOPE Dementia Support with a background in home care services and hospice. Her work allowed her to see first-hand the difficulties families experienced when dealing with a loved one who has dementia. She joined HOPE Dementia Support as a facilitator about nine years ago, and eventually joined HOPE's Board of Directors as well. She was very excited about the opportunity to bring Dementia Friends to the area and to work with the Area Agency on Aging and Disabilities of Southwest Washington as a co-sponsor. She enjoys meeting "neighbors" through Dementia Friends information sessions.



**Leticia Meza** — Community Education & Outreach Specialist, East Los Angeles Service Center, Alzheimer's Los Angeles

Leticia is a Community Education & Outreach Bilingual Specialist with Alzheimer's Los Angeles. For over 11 years, she has built strong community partnerships with local organizations and stakeholders. Leticia helps to uplift underserved and diverse communities and connect them to resources and information.

Leticia grew up in the Boyle Heights neighborhood of Los Angeles. She is married and has two beautiful children.



**Lynn Crawford**, RN, BSN — Dementia Friends Champion, HOPE Dementia Support

Shortly after retirement, Lynn's husband developed Lewy Body Dementia. During his illness, she became aware of how little support there was available for the care partners of those living with dementia. Following his death, she joined HOPE Dementia Support as a group facilitator, subsequently joining their board, and eventually becoming Executive Director. Familiar with Dementia Friends from the national website, she was thrilled to have HOPE Dementia Support join the Area Agency on Aging and Disabilities of Southwest Washington as co-sponsor in bringing Dementia Friends Washington to Clark County. She loves providing the Dementia Friends information sessions!



**LueRachelle Brim-Atkins** — Principal Consultant, Brim-Donahoe & Associates; Mother's caregiver

Since 1988, LueRachelle Brim-Atkins has owned the consulting firm, Brim-Donahoe & Associates, where she consults with Fortune 100 businesses; public, private, and non-profit organizations; and boards. She and her husband Michael had the honor of caring for her mother and brother in their home for 4 years. When the physical burden of lifting two loved ones to and from wheelchairs became too much, they cared for them in a nearby adult family home until their deaths.

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**Mark Haberman** — Planning and Resource Director, Aging & Long-Term Care of Eastern Washington (ALTCEW)

Mark Haberman serves as co-chair of the Spokane Area Dementia Friendly Community initiative and is now in his fifth year at ALTCEW. Previously, he served for sixteen years as Program Manager and Program Director at Community Action Partnership (Coeur d'Alene, Idaho) leading anti-poverty initiatives. Prior to his work in social services, Mark (a United Methodist clergyperson) served for nearly twenty years in music and program ministry in United Methodist congregations.



**Mary Beth Riedner, MLS** — Library Services for Dementia/Alzheimer's Interest Group, American Library Association

Mary Beth Riedner resigned as University Librarian for Roosevelt University in Chicago, IL in 2008 to care for her husband with a young-onset dementia. She then developed an award-winning book and reading program for people living with dementia called Tales & Travel Memories. She is a leader of the American Library Association's dementia interest group, has presented at conferences, has written several articles and book chapters, and is active in the Dementia Friendly America initiative.



**Meredith Hanley, MSW** — Project Director, Dementia Friendly America

Meredith Hanley is the Director of Community Capacity Building with the National Association of Area Agencies on Aging in Washington, DC. In this role, she is the Project Director for Dementia Friendly America, which is a multi-sector collaborative on a mission to foster dementia friendly communities across the country. She also provides leadership for Dementia Friends USA, which is part of the global Dementia Friends movement. Meredith oversees the Information and Planning Program, funded through the U.S. Administration for Community Living, which gathers and disseminates information on Area Agencies on Aging and Title VI Native American aging programs through surveys, topical polls, research, and analysis.



**Nicole Lomay, BIS** — Senior Outreach Program Manager, Banner Alzheimer's Institute

Nicole Lomay (Dine') is the Senior Outreach Program Manager for the Native American Outreach Program at Banner Alzheimer's Institute in Phoenix, Arizona. There she provides a new standard of care for dementia patients and their families. She does this by raising awareness about dementia, by bringing brain health programs, and by identifying the types of education and outreach activities needed to meet the unique needs of the Southwest tribes. Nicole completed her Bachelor of Interdisciplinary Studies (Sociology / Native American Justice Studies) from Arizona State University.



**Zaldy S. Tan, MD, MPH, FACP** — Project Director, TimeOut@UCLA

Dr. Tan has directed the TimeOut@UCLA program since 2013. The aim of TimeOut@UCLA is to foster intergenerational connections between college students and memory-impaired seniors, to provide needed respite to family/caregivers of older adults, and to inspire college students to consider careers in aging.

Dr. Tan is the Director of the Memory & Aging Program and Medical Director of the Goldrich Center for Alzheimer's & Memory Disorders at Cedars-Sinai. He holds the Warschaw Endowed Chair in Neurology and is Professor of Medicine and Neurology at Cedars-Sinai and the David Geffen School of Medicine at UCLA. He performs epidemiological research and health services research on Alzheimer's disease and related dementias.



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Thank you for generous underwriting support  
at the following levels:

## Dementia-Friendly Champions (\$1500)



## Community Changemakers (\$1000)



## Seed Sponsors (\$500)

