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*9<sup>th</sup> Annual  
Lucy and John Caddell  
Alzheimer's Conference*



*Presented by:*  
The Mental Health Association  
in Morgan County

Wednesday, March 9, 2011  
Holiday Inn  
1101 6th Avenue, NE  
Decatur, Alabama

For more information,  
call 256-353-1160

*In Memory*

*This conference is dedicated to the memory of Lucy Harris Caddell and John A. Caddell.*

*Mrs. Caddell was diagnosed at the University of Alabama in Birmingham in 1985 as probably suffering from Alzheimer's disease. Mr. Caddell was her loving caregiver for 17 years prior to her death on March 16, 2002. An autopsy performed at the UAB Alzheimer's Disease Center confirmed Alzheimer's disease.*

*Mr. Caddell died on February 7, 2006 at the age of 95. He was a strong supporter of the Mental Health Association in its efforts to aid the victims of Alzheimer's disease and their caregivers. We continue to honor Mr. and Mrs. Caddell through this annual conference.*

Mental Health Association in Morgan County  
P.O. Box 1502  
Decatur, AL 35602



7:30-8:00 a.m.	Registration, coffee, muffins, exhibits
8:00-8:30 a.m.	Welcome, Introductions, and Recognitions
8:30-9:15 a.m.	<b>The Art of Advocacy</b> Daniel C. Potts, M.D.
9:15-9:35 a.m.	Break and book-signing by Dr. Potts
9:35-10:35 a.m.	<b>The Art of Advocacy</b> continued
10:35-10:50 a.m.	Break
10:50-11:50 a.m.	<b>Dementia 101</b> Richard E. Powers, M.D.
11:50 a.m.-12:00 p.m.	Break
12:00-12:40 p.m.	Lunch
12:40-1:40 p.m.	<b>Dementia 101</b> continued
1:40-1:55 p.m.	Break
1:55-2:55 p.m.	<b>Pain in Alzheimer's Disease Patients</b> Marsha Farrell BSN, RN-BC, CHPN
2:55-3:10 p.m.	Break
3:10-4:10 p.m.	<b>Remembering Those Who Cannot Remember</b> The Rev. Carl Malm
4:10-4:30 p.m.	Evaluations & certificates

## Continuing Education Credit

### Sponsors of Continuing Education Credit

Licensed Practical Nurses Association of Alabama  
UNA Department of Counselor Education  
UNA Department of Social Work

### Continuing Education Credit

The conference is designed for family caregivers, nurses, social workers, licensed professional counselors, nursing home and assisted living staff, physicians, occupational therapists, physical therapists, and the general public.

6 NBCC contact hours for LPCs and ALCs have been approved by the UNA Department of Counselor Education.

Contact hours for LPNs and RNs are pending through the Licensed Practical Nurses Association of Alabama.

6.5 contact hours for social workers licensed by the Alabama State Board of Social Work Examiners has been approved through the UNA Department of Social Work.

Contact hours for occupational therapists, nursing home and assisted living facility administrators, and physical therapists are pending.

### **The Art of Advocacy by Daniel C. Potts, M.D.**

“My father, Lester E. Potts, Jr., was a recently deceased Alzheimer’s patient who attended the longest-running dementia daycare center in Alabama, Caring Days. This facility has gained national recognition for its programs, which incorporate multiple modalities to provide a structured and cognitively-enhancing environment for dementia patients. While participating in an art therapy program at this facility, my father became a watercolor artist, having never painted prior to the diagnosis of Alzheimer’s disease. His art has gained regional and national acclaim, was the subject of a self-published book of poetry and art entitled **The Broken Jar**, and was the inspiration for my selection by the American Academy of Neurology as a Donald M. Palatucci Advocate for dementia patients and their caregivers (Advocate of the Year, 2008). More importantly, it gave a suffering caregiver respite and a broken man something for which to be proud.” Dr. Potts’ presentation is to honor his father’s memory and to honor his mother’s sacrifice as a caregiver.

### **Dementia 101 by Richard E. Powers, M.D.**

Dementia affects 1 out of 10 persons over the age of 65 and 4 out of 10 persons over the age of 85. Over 65,000 Alabamians are diagnosed with some type of dementia. In this workshop, participants will learn what dementia is, how it is diagnosed, the 5 leading causes of dementia, the 4 types of cognitive symptoms, treatment options and some simple methods of maintaining a healthy brain in later life.

### **Pain in Alzheimer’s Disease Patients by Marsha Farrell BSN, RN-BC, CHPN**

Ms. Farrell is board certified as a pain management nurse and certified in hospice and palliative nursing. She will give a definition of pain, misconceptions of pain management in the elderly, describe a study showing patients with Alzheimer’s disease experience pain and will describe the use of the Pain Assessment in Advanced Dementia Scale. She will describe four age-related changes affecting analgesics and list two key pain principles for giving analgesics to elderly patients.

### **“Remembering Those Who Cannot Remember And Those Who Care for Them” by The Rev. Carl Malm**

The Rev. Malm will look at some of the spiritual or inner needs of Alzheimer’s patients and families such as the need to feel loved, cared for and remembered; the need to maintain a sense of community and belonging; and the need for courage and hope. These and more will be considered along with ways families and caregivers can help meet those needs.

## Presenters

### DANIEL C. POTTS, M.D.

Daniel C. Potts, M.D., partner at Alabama Neurology and Sleep Medicine and Associate Clinical Professor at the University of Alabama, is a noted neurologist, advocate, writer, lecturer, educator, and champion of dementia patients and caregivers. Through the American Academy of Neurology, he advocates in Congress for those suffering from Alzheimer's disease and other neurological illnesses. Dr. Potts seeks to improve the quality of life for dementia patients and caregivers primarily through innovative approaches incorporating the expressive arts. Born out of his experience as an Alzheimer' caregiver, and nurtured through the AAN's Advocacy program, Dr. Potts recently formed Cognitive Dynamics, Inc., a foundation dedicated to the above-stated goals. Currently in poverty-stricken Perry County, Alabama, plans are underway to expand this program to Appalachia and inner-city Chicago. His consulting firm, Dementia Dynamics, LLC, trains dementia care professionals regarding care giving techniques which improve quality of life and champion human dignity.



Dr. Potts has presented his father's inspiring story of Alzheimer's art across the country and has been heard as a speaker at national conferences. His advocacy efforts were recently featured in the "Together for Care" telethon on NBC. Dr. Potts has authored numerous articles, and he is the lead author on three books: **Neurology for the Boards**, **The Turning Time**, and **The Broken Jar** (featuring his father's art and his poetry). He is currently writing the chapter on expressive arts therapies in the first-ever textbook of Geriatric Neurology. He lives with his wife and their two daughters in Tuscaloosa.

### MARSHA C. FARRELL, BSN, RN-BC, CHPN

Marsha C. Farrell, BSN, is the Education Institute Coordinator for Hospice Family Care in Huntsville, Alabama. Her responsibilities include: planning and presenting educational classes that promote excellence in end-of-life care for the hospice staff and medical professionals; teaching Advanced Pain Management Principles used in palliative/hospice care; lecturing on pain management and hospice philosophy/care at local colleges of nursing; lecturing at the University of Alabama Huntsville College of Nursing and Oakwood College School of Nursing; presenting classes at professional conferences, hospitals, oncology centers, nursing home facilities, assisted living facilities, and physician offices; speaking to support groups and other community groups. Ms. Farrell earned her Bachelor of Science in Nursing degree from the University of North Carolina and attended graduate school of nursing at the University of Alabama at Huntsville. She was the recipient of the 2008 ONS (Oncology Nursing Society) Excellence in Symptom Management Award.

## Presenters

### RICHARD E. POWERS, M.D.

Dr. Powers is a geriatric psychiatrist and neuropathologist who currently serves as director of the Bureau of Geriatric Psychiatry, Alabama Department of Mental Health. He is also the medical director of the Alabama Department of Mental Health, a position created in 2005 to coordinate care for mentally handicapped individuals during emergencies, and he oversees the state's Dementia Education & Training Program. Currently, he also holds appointments as: associate director of the Brain Resource Program at the University of Alabama at Birmingham (UAB); senior scientist, Alzheimer's Disease Center at UAB; staff pathologist, Birmingham Veteran Affairs Medical Center; and chief psychiatrist, Mental Retardation Division, Alabama Department of Mental Health. Dr. Powers is chairman of the Medical Advisory Board of the Alzheimer's Foundation of America (AFA). His academic appointments include: associate professor in the Departments of Psychiatry and Pathology at the University of Alabama School of Medicine, Birmingham; and clinical faculty at the College of Community Health Sciences, University of Alabama, Tuscaloosa. Dr. Powers has contributed to many scientific journals, and he is a renowned trainer and developer of dementia-related educational curricula. He is the primary author of the Dementia Education and Training Program, a series of training videos for professionals and caregivers based on materials from the Alabama Department of Mental Health. Recently, he helped develop the content for the training program for AFA's Dementia Care Professionals of America division. In addition, he conducts face-to-face professional training and lectures nationwide, and he is a consultant to several government agencies. Dr. Powers trained at the University of Kentucky in Lexington, Ky. and the Johns Hopkins Hospital in Baltimore, Md.



### THE REV. CARL MALM, M. DIV.

The Rev. Carl Malm is the coordinator of the School of Applied Ministry for the Huntsville Association for Pastoral Care. He has been a grief minister at the Center for Loss, Grief and Change since 1999. He has taught the Death and Dying Class for the Gerontology Certificate program at The University of Alabama at Huntsville. He has spoken to many churches and organizations in the area and has extensive experience in hospice and healthcare chaplaincy and in leading grief retreats, grief support groups and spiritual issues groups for those in recovery from substance abuse. Rev. Malm earned a Bachelor of Arts degree from the University of Nebraska at Omaha and a Master's of Divinity degree from Lincoln Christian Seminary in Lincoln, Illinois. He was ordained as a minister of the Christian Church in 1973.

## Sponsors

### Gold Sponsors

AseraCare Hospice Decatur  
Hospice of North Alabama  
The Terrace at Priceville

### Silver Sponsors

Brookdale Senior Living  
Hospice of the Valley

### Bronze Sponsors

Decatur General West Behavioral Medicine Center  
Omega Hospice  
Country Cottage-Decatur &  
Columbia Cottage-Hartselle

## Alzheimer's Advisory Committee

Nina Blackburn	MHA's Alzheimer's Program
Hilary Blakely	Decatur General
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Susan Chenault	Social Worker & MHA Board
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Carolyn Dobson	Hospice of the Valley
Susan Elam	NARCOG
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Hattie J. Hampton	Morgan County Sheriff's Office & MHA Board
Renee Heard	ACES
Cynthia Hill	The Terrace at Priceville
Bettye Janis	Social Worker & Volunteer
Angela Manley	Morgan County Home Health
Cindy Moses	Community Action Partnership
Tamisha Sales	Community Action Partnership
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Mary Toth	Family Member
Carmen Turner	ResCare
Dixie Tyler	Decatur General
Officer Dave Williams	Decatur Police Department
Ella Wheeler	ResCare
Cindy Wilson	Hospice of the Valley

## Registration for Conference

### The Lucy and John Caddell Alzheimer's Conference March 9, 2011

- Individual Registration includes lunch & refreshments.
- Professional Registration includes lunch, refreshments and continuing education credits.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Day Phone or Cell Phone \_\_\_\_\_

Employer, if applicable \_\_\_\_\_

### Early Bird Registration – received by March 4, 2011

Please check one:

- \$35— Individual registration
- \$45— Professional registration – Please check:
  - RN  LPN  SW  LPC  NHA  OT
  - ALA  PT  Other \_\_\_\_\_

### Received after March 4 or at the door

Please check one:

- \$45— Individual
- \$55— Professional registration – Please check:
  - RN  LPN  SW  LPC  NHA  OT
  - ALA  PT  Other \_\_\_\_\_

### Exhibitor

- \$175— For-Profit Exhibitor (includes display table, 2 chairs, 2 registrations)
- \$125— Non-Profit Exhibitor (includes display table, 2 chairs, 2 registrations)

Scholarships are available for families caring for a loved one with Alzheimer's disease. Call (256) 353-1160.

Please make check payable to: Mental Health Association and designate to Alzheimer's Conference.

Mail registration form and fee to:  
**MENTAL HEALTH ASSOCIATION  
IN MORGAN COUNTY**

P.O. Box 1502, Decatur, AL 35602

www.mhainmc.net