

Journey to Hope – DC

Sibley Senior Association Invites You to the 7th Annual Journey to Hope — DC
Virtual Conference for Alzheimer's Family Care Partners

SATURDAY, JUNE 25, 12:30 TO 5:30 P.M. FREE via Zoom



Are you caring for a family member or friend who has Alzheimer's disease or related dementia? Feeling uneasy, under-informed or overwhelmed? Has the pandemic made things a bit more challenging? Let us help!



KEYNOTE: "Effective Communication with People Living with Alzheimer's/Dementia: Honoring Their Personhood is Key"

Keynote Speaker: Steven R. Sabat, Ph.D.

Steven R. Sabat, Ph.D., is professor emeritus of Psychology at Georgetown University. For the past 40 years, he has studied the cognitive and social strengths of people with Alzheimer's disease, the persistence of their selfhood, the subjective experience of having the disease and how communication between those diagnosed and their caregivers may be enhanced. He has explored these issues in numerous publications, presentations and in his books, *The Experience of Alzheimer's Disease: Life Through a Tangled Veil*, *Alzheimer's Disease and Dementia: What Everyone Needs to Know* and in his co-edited book, *Dementia: Mind, Meaning, and the Person*.



"The Importance of Nutrition for You and Your Loved One"

Speaker: Neal Barnard, M.D.

Neal Barnard, M.D., is an adjunct professor of medicine at the George Washington University School of Medicine and president of the Physician's Committee for Responsible Medicine. He has been the principal investigator on several clinical trials investigating the effects of diet on diabetes, weight and chronic pain, notably a recent study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health. His recent books, *Your Body in Balance* and *Power Foods for the Brain*, show how foods can help tackle serious health issues and reduce the risk of Alzheimer's disease.



"Building Your Dementia Care Dream Team"

Speaker: Andrea Nelson, R.N., M.S.N

Andrea Nelson, R.N., M.S.N., is the director of Memory Care Programs at the Memory and Alzheimer's Treatment Center at Johns Hopkins Bayview Medical Center. She has extensive background in both geriatric and psychiatric nursing, having worked in acute inpatient psychiatry and in numerous long-term care settings including assisted living facilities, skilled nursing facilities, adult day centers and continuing care retirement communities. She has done consulting work for several chapters of the Alzheimer's Association and numerous assisted living communities in Maryland, D.C., and Florida.

The first 125 registrants will receive Dr. Steven Sabat's book *Alzheimer's Disease and Dementia: What Everyone Needs to Know* and Dr. Neal Barnard's book, *Your Body in Balance*.

Register [here](#), email Juliet Smith at jsmit470@jhmi.edu or call the Sibley Senior Association office at 202-364-7602 before June 13.

