

AGE-RELATED COGNITIVE CHANGES: EARLY DETECTION & INTERVENTIONS

Faith Community Nurse Network - Continuing Education Symposium
January 19, 2023

Virtual Event Program Guide

FAITH COMMUNITY
NURSE NETWORK
of the Greater Twin Cities



Bridging Faith & Health

Accessing the Symposium

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To learn more about Zoom Settings and Controls, feel free to use this website as a resource: <https://www.seniortechclub.com/tech-recipe/how-to-attend-a-zoom-meeting/#in>.

If you have Zoom issues during the meeting - Chat directly with FCNN Zoom Help OR call/text 612-363-8251.

Check Out Our Virtual Exhibit Hall

<https://www.fcntc.org/about-us/partners-sponsors/virtual-exhibit-hall/>

Age-Related Cognitive Changes: Early Detection & Interventions

Thursday, January 19, 2023 9:15 am to 1:00 pm

Program Description:

The prevalence of dementia, including Alzheimer's Disease is rising. Faith Community Nurses (FCNs) have an important role in assessing early cognitive changes, advocating for clients and caregivers and referring them to appropriate resources. This symposium will explain two screening tools FCNs can use and will provide information to enhance their knowledge and skills on this topic.

FCN Nursing Scope and Standards:

Standard 1 - Collects pertinent data and information relative to the health care consumer's health or situation.

Learning Objectives:

As a result of attending this symposium, participants will be able to...

1. Explain the importance of early detection and education in early cognitive changes and the role of FCNs in this process.
2. Distinguish between normal aging cognitive changes and early signs of dementia.
3. Demonstrate the use of the MiniCog® Quick Screening for Early Dementia and the MoCA Cognitive Assessment (Montreal Cognitive Assessment) tools for the detection of age-related cognitive changes.
4. Identify community resources to assist FCNs as they plan and provide care to their clients.
5. Identify strategies for connecting clients and caregivers with resources which provide education and support for cognitive changes.
6. Discuss the intentional care of the spirit for those with cognitive changes.

This symposium was designed to meet the Minnesota Board of Nursing criteria for 3 hours of continuing education for RNs. It is the responsibility of each participant to determine if the offering meets CE requirements for their profession.

2023 Continuing Education Symposiums

- January 19 | Age-Related Cognitive Changes | Virtual
- March 16 | Depression in Older Adults | Virtual
- June 15 | Gender Identity | Hybrid
- October 12 | Elder Safety | Hybrid



Program Schedule

* All times are based on Central Time Zone

9:30	Welcome & Devotion	Carolyn Orttel
9:35	A Word from a Collaborative Partner	Benedictine
9:40	Network Update	Jessica Drecktrah
9:50	Key Note Presentation	Soo Borson, MD
10:50	Break	All
11:00	Community Resource Break-out Rooms	All
11:20	Guest Panel Facilitator: Sondra Weinzierl	Jessica Drecktrah Meghan Constantini Lisa Brown
12:20	Case Studies: Spiritual Care & Early Dementia	Sondra Weinzierl
12:45	Evaluation & Closing	Carolyn Orttel
1:00	Adjourn	

Biographies for all Presenters and Panelists are included on following pages.

Please take a moment to complete the program evaluation here:

<https://hipaa.jotform.com/223634482195056>

This link will also be shared during the meeting.

Certificate of Completion sent upon completion of program evaluation.

Biographies

KEY NOTE PRESENTER



Dr. Sue Borson, MD

Deputy Editor, Journal of the American Geriatrics Society

Co-Lead, BOLD Center of Excellence on Early Detection of Dementia

Professor of Clinical Family Medicine, USC Keck School of Medicine

Professor Emerita of Psychiatry and Behavioral Sciences, University of Washington School of Medicine

Creator of Mini-Cog® Quick Screening for Early Dementia

Dr. Sue Borson, MD is Professor (part time) of Clinical Family Medicine at the University of Southern California and Professor Emerita at the University of Washington where she developed its memory disorders clinic. Her work focuses on strategies for improving dementia detection and care delivery, caregiver self-efficacy and the use of health system data to improve dementia care planning. She co-leads the CDC-funded BOLD Center on Early Dementia Care Improvement Network. Her work is guided by the continuing need to translate specialized knowledge of dementia detection, diagnosis and care into practice, clinically meaningful and effective tools to improve systems of care. She consults widely with health care organizations working to become “dementia capable,” and seeks to integrate clinical, community and public health perspectives into a unified framework for a more dementia-friendly society. Dr. Borson is the creator of the Mini-Cog®, a tool to make dementia detection easier. The Mini-Cog® has found wide application in health care settings in the US and abroad.

Biographies (Continued)



Welcome & Closing

Carolyn Orttel, RN, BSN, PHN, FCN

Carolyn Orttel has over 40 years of Gerontological nursing experience, working with older adults in skilled nursing facilities, her church and in the community. She has a passion for helping older adults live a safe and rewarding life. Currently she is working with the Faith Community Nurse Network to provide Evidenced Based Programs for falls prevention and Living Well with Chronic Conditions. She is a certified facilitator and Master Trainer for Stepping On, Living Well with Chronic Conditions and Chronic Pain. Carolyn attended Swedish Hospital School of Nursing in Minneapolis, Minnesota, earning a three-year RN diploma and Bethel University in Arden Hills, Minnesota where she received a BSN degree.

Facilitator

Sondra Weinzierl, RN, BA, MA, FCN

Sondra received her Bachelor in Nursing degree from Gustavus Adolphus College and her Masters of Arts degree from the University of St. Thomas in Adult Education and Human Resource Development with a Certificate in Training. Her nursing experience includes Medical-Surgical, Neurology, Diabetes Education and Health Promotion and Education. Sondra was the owner of Weinzierl Education Associates for over 25 years and provided workshops, team facilitation, strategic planning and health promotion consultation to a wide variety of organizations in government, health care, education and industry. She has served as an FCN in faith communities in Boston, MA and in Minnesota over the past 11 years. She received her board certification in Faith Community Nursing in 2018.



Speaker & Panelist

Jessica Drecktrah, MHA, MN, RN, FCN

Jessica is Faith Community Nurse Network's Chief Nursing Officer. From 2016-2018, Jess launched FCNN's Stepping On program as it's Program Director. Recently, Jess served as Vice President, Life Enrichment for Presbyterian Homes & Services (PHS). At PHS, Jess provided service to 8,000+ senior housing residents with leadership responsibility for the functions of life enrichment, volunteerism, fitness, wellness coordination, wellness nursing and dementia care. Over the last decade, she has championed innovative healthcare initiatives within academia, provider settings, and retail. Jess has also served as a management consultant to the YMCA to help define their healthy aging strategy and launch the George Wellbeing Center. She also has held leadership positions within Target, the University of Minnesota, Allina Hospitals and Clinics, and Ecumen, a provider of homes and services for older adults. Her areas of expertise include strategy development, program development, and project and performance management.



Biographies (Continued)

Guest Panelists

Meghan Constantini, MSW, LICSW

Meghan is the Volunteer Director at Presbyterian Homes and Services at Carondelet Village in St. Paul. Dementia Friends Champion and Master Trainer with Dementia Friends Minnesota.

Lisa Brown, MSW, USW

Lisa attended the College of Saint Benedict for her Bachelor's degree in social work, and holds a Master's Degree in Social Work from the University of MN - Duluth. For the past two decades she has focused her career around older adults and their caregivers, working to keep people engaged in their community, remaining as independent as possible, and living a vibrant, dignified and enriched life. Her previous work includes being the Director of the Como Park Living at Home/Block Nurse Program, Health and Wellness Coordinator, Home Care Social Worker, and Caregiver Social Worker for the Amherst H. Wilder Foundation. She has worked as the Site Coordinator for the Gathering and is currently the Caregiver Services Program Coordinator for Lyngblomsten, continuing her close work with informal/family caregivers providing care for someone living with memory loss.

Education Committee Members

- Sondra Weinzierl
- Carolyn Orttel
- Elaine Savick
- Delores Huanca
- Susan O'Connell
- Mary Thompson
- David Cheesebrow
- Cheryl Lanigan

Our wellness screenings and work in dementia are made possible through a Minnesota Board on Aging grant.



Case Study

You will be placed into breakout rooms and will have 10 minutes to discuss this case study and the questions included following the scenario.

Spiritual Care and Age-Related Cognitive Changes

Jack and Jean are members of your faith community (or other practice setting.) They are both in their late 70's and in good health. Jack calls you to say that he's concerned about Jean because she is repeating the same questions to him many times a day. For example, Jean will ask him at dinner, "What did you do today?" He will answer, and within a few minutes, she asks him exactly the same question.

He's also noticed that she occasionally has trouble following a recipe or forgets how to make coffee or other tasks she's previously done with ease. She has missed appointments and recently said she got "somewhat lost" driving home from the grocery store.

Jack said Jean's doctor did some tests and told them she is showing early signs of memory issues. Since then, Jean has been very "down" and irritable and becomes defensive if Jack says anything about it. Jack says he is willing to help Jean and wants to provide as much support as he can.

He said that because Jean knows and trusts you, she is open to having you come and visit with them about the situation as long as you don't share their situation with anyone else.

In your break out group, quickly choose a reporter" and be prepared to share with the large group your answers to these questions. Your group will have 10 minutes to discuss this case so please try to address all three questions in that time frame.

- What kind of spiritual care needs might Jean have? How would you assess these?

- What about Jack—what spiritual needs might he have?

- What kind of spiritual care interventions might be appropriate for each or both of them?

Additional Resources and References

Alzheimer's Association (www.alz.org)

The Alzheimer's Association Helpline is available to individuals and families 24/7 for around-the-clock care and support, resource and dementia information, speaking with a dementia expert or setting up care consultations: 1.800.272.3900. The Minnesota-North Dakota chapter provides no-charge support, education/classes, support groups, training and other resources for anyone impacted by Alzheimer's disease and other dementias. We are here to help. Their website has many resources about early signs of Alzheimer's and other forms of Dementia including warning signs, diagnosis, treatments, research, etc.

BOLD Early Detection Tool Kit

<https://bolddementiadetection.org/wp-content/uploads/2022/12/12-16-22-BOLD-Early-Detection-of-Dementia-Toolkit-Health-systems.pdf>

BOLD Early Detection Toolkits are intended to guide you in customizing dementia detection efforts to your needs and setting. Toolkits contain measures, strategies, and useful links to resources to help you work toward becoming more 'dementia-capable.' This toolkit supports a comprehensive approach to dementia detection and includes resources that encompass a broad view of the capacities needed to make your efforts most effective. Every section in this toolkit can stand alone as a separate resource.

Senior LinkAge Line - We Are Aging (<https://mn.gov/senior-linkage-line/>)

Give us a call at 800-333-2433. We are open Monday - Friday from 8:00 a.m. to 4:30 p.m.

Act on Alzheimer's (<https://www.actonalz.org/>)

ACT on Alzheimer's is a Minnesota initiative to prepare our communities to support individuals living with dementia and their care partners. Their website has information on how we can create Dementia Friendly communities.

Dementia Friends USA <https://dementiafriendsusa.org/>

Teepa Snow's Positive Approach to Care <https://teepasnow.com/>

Spiritual Care and Dementia article:

<https://blog.encompasshealth.com/2019/10/05/spiritual-care-and-dementia/#:~:text=According%20to%20research%2C%20there%20are,stages%20of%20dementia3%2C4.>

Resources for Caregivers:

<https://www.seniorlink.com/blog/free-resources-for-dementia-caregivers>

An additional handout was included by Dr. Soo Borson regarding resources sited in her presentation.

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Lyngblomsten is a proud partner of the Faith Community Nurse Network of the Greater Twin Cities.



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