

## Course Content

### ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

- ◆ Program introduction
- ◆ Prevalence/incidence rates
- ◆ Current national policy
- ◆ Worldwide goals
- ◆ Other common types of dementia
- ◆ Alzheimer's disease
- ◆ Current state of Alzheimer's disease

### INTRODUCTION TO BRAIN HEALTH & BASIC NEUROSCIENCE

- ◆ What is brain health?
- ◆ Brain health basics
  - Neurogenesis
  - Neuroplasticity
  - Epigenetics
  - Cognitive reserve
  - Neuroimaging
  - Neuroscience in everyday life
- ◆ Models of treating brain health related issues and concerns
  - Medical
  - Psychosocial

### PSYCHOSOCIAL DETERMINANTS OF BRAIN HEALTH AND WELLNESS

- ◆ Discussion of lifestyle factors that impact brain health
  - Meditation
    - Group exercise: Participants will experience an evidence-based guided meditation technique that can be used with individuals with memory impairment
  - Emotional/spiritual health
  - Social health
  - Nutrition
    - Diet
    - Supplements
    - Medications
  - Exercise
    - Mental
    - Physical

## Who Should Attend

- Social Workers
- Counselors
- Psychologists
- Gerontologists
- Wellness Directors
- Memory Care Specialists
- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Speech-Language Pathologists
- Activity Directors
- Recreational Therapists
- Nursing Home / Assisted Living Administrators
- Nurses
- Psychiatric Nurse Practitioners

- ◆ Other personal health conditions
- ◆ Group exercise: identification of personal brain health risks
- ◆ Brain health coaching
- ◆ Supporting brain health: setting brain based goals
  - Group exercise: one-page miracle

### OVERVIEW: CURRENT BRAIN HEALTH & COGNITIVE AGING INITIATIVES

- ◆ A field update on brain health and the prevention of Alzheimer's disease related risk factors
- ◆ Review of current research
- ◆ Medications and behavioral interventions
- ◆ Brain games: understanding uses and limitations
- ◆ Review evidence based recommendations
- ◆ Application of learning/review
  - Group exercise/discussion:
    - Case study examples to guide participants clients toward lifestyle changes to support their brain health and wellness
- ◆ Discuss additional brain health related training opportunities

### COMMUNITY-BASED BRAIN HEALTH PROGRAMMING

- ◆ Applied example brain health programming services
- ◆ Discussion of the interventions and treatments that can be implemented in the participants' respective settings.
- ◆ Group exercise: Developing a brain health program for their organization, community, or personal interest
- ◆ Brain health resources for clients/participants

## Seminar Schedule

**Registration:** 7:30 a.m. (coffee & tea provided)

**Seminar Begins:** 8:00 a.m.

**Lunch Break:** 1 hour (on your own)

**Seminar Ends:** 3:30 p.m.

**Breaks:** 15 minutes (mid-morning & mid-afternoon)



**BECOME A SPEAKER:** Submit your resume & topic ideas to John Jones at [jjones@vyne.com](mailto:jjones@vyne.com)

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Cross Country Education is now  
**Vyne Education, LLC.**



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# Brain Health Matters: Neuroplasticity, Lifestyle, & Dementia

**Cleveland, OH - April 11**

**Canton, OH - April 12**

**Pittsburgh, PA - April 13**



Connect with Us!



# Brain Health Matters: Neuroplasticity, Lifestyle, & Dementia

Proven innovative tools for the support and maintenance of good brain health while decreasing the risk factors for cognitive decline and dementia

- ◆ Obtain resources to promote optimal brain health and wellness for clients
- ◆ Learn the application of basic neuroscience principles to daily life
- ◆ Receive an overview on decreasing the risk factors for the development of dementia
- ◆ Discover innovative ways to support brain health and wellness for adults
- ◆ Field update on the latest brain health initiatives

**Cleveland, OH  
April 11**

**Canton, OH  
April 12**

**Pittsburgh, PA  
April 13**



Cross Country Education is now Vyne Education, LLC.  
Vyne Education is a nonprofit organization owned by: PESI, Inc., a 501(c)(3) 3839 White Ave, Eau Claire, WI 54703-0542

## Why Brain Health Matters

Everything you do today matters to your brain. Most people do not make daily decisions with their brain in mind. Brain health is at the forefront of hot topics today across a variety of industries and has received recent widespread attention from healthcare providers, practitioners, researchers, and scientists. Since the brain health field is emerging as an important area of overall health, providers have a unique opportunity to offer patients of all ages practical health tips and tricks to support their brain health and wellness across the lifespan. Current findings offer promising results for individuals who directly impact their brain health through their normal, daily routines. This workshop will provide an overview of recent advances in the brain health field that focus on decreasing risk factors for Alzheimer's disease and related dementias and late life cognitive decline. Practitioners will gain resources to promote optimal brain health and wellness for clients.

## Course Director



**KRYSTAL L. CULLER, MA**, Certified Brain Health Gerontologist, is the inaugural director of the first non-pharmacological, non-hospital based brain health center located on a senior living campus in the United States. For over the past five years, she has been involved with community-based programs which translate evidence-based research in cognitive health and aging into actions practiced in a socially supportive framework that can result in healthy life style modifications of older adults. Her areas of education and expertise are in the psychology of adult development and behavioral health. She helps aging adults with concentration and memory concerns to think differently about their brain health and wellness. An adjunct faculty member of the School of Lifespan Development and Educational Sciences at Kent State University and Gerontology Department at Youngstown State University, she teaches the Psychology of Aging course to graduate and undergraduate students. She is actively involved with the American Society on Aging, having made numerous presentations and provided extensive research into the field of aging.

### Disclosure:

Financial – Receives a speaking honorarium from Vyne Education.  
Nonfinancial – No relevant nonfinancial relationship exists.

“

*Krystal makes the material very educational and interesting. Her presentations provide evidenced-based recommendations that helps with my professional practice and everyday life.*

Kathleen Parrino, MSSA, LISW, Chagrin Falls, OH

”

## Objectives

- Recognize why brain health is at the forefront of hot topics across a variety of older adult health resources today
- Review the latest global and national brain initiatives
- Discuss basic neuroscience of the aging brain and behavior change
- Discuss lifestyle factors (exercise, diet, meditation, socialization and others) that support the delayed progression of memory impairment
- Develop a foundational understanding of the importance of life-long brain health and cognitive aging
- Integrate evidence-based brain health information to develop a wellness program or service that could be offered in your community
- Compile a variety of online brain health resources to access

## Dates and Locations

**CLEVELAND - April 11, 2017**  
Embassy Suites Beachwood  
3775 Park East Dr, Beachwood, OH 44122  
216.765.8066

**CANTON - April 12, 2017**  
McKinley Grand Hotel  
320 Market Ave South, Canton, OH 44705  
330.454.5000

**PITTSBURGH - April 13, 2017**  
Sheraton Pittsburgh Airport  
1160 Thorn Run Rd, Coraopolis, PA 15108  
412.262.2400

*If you have questions about parking, please contact the hotel directly.*

*I really appreciate the citations/references at the end of the PowerPoint. She was enthusiastic, well-organized, has a good combination of videos and academic material. Thank you for the collateral material, it's easier to refer back to it later.*

Dr. Carol A. Budzenski, PhD, Neuropsychologist  
University of Toledo Medical Center  
Toledo, OH

**ON-SITE GROUP SEMINARS AVAILABLE: Contact Sharon Sanders at [ssanders@vyne.com](mailto:ssanders@vyne.com) or 888-683-4277**

## Continuing Education Credit

**If you do not see your respective state listed, please review your rules/regulations as many states have reciprocal agreements with other state boards/associations.**

**Activity Professionals:** This course has been submitted for approval of 6 hours of continuing education to NCCAP.

**Counselors: Ohio:** Vyne Education, LLC. is approved through the State of Ohio Counselor, Social Worker and Marriage and Family Therapist Board (provider #RCT091001). This program is offered for 6 clock hours of continuing education for counselors only. Licensed counselors in other states should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal.  
**Counselors: West Virginia:** This seminar has been submitted for review to the West Virginia Board of Examiners in Counseling for 6 hours of continuing education.

**Nurse Practitioners:** Vyne Education, LLC. is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 060313. This activity was planned in accordance with AANP Accreditation Standards and Policies. This course is offered for 6.0 contact hours.

**Nurses:** Vyne Education, LLC. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.

**Nurses: California:** Vyne Education, LLC. is approved by the California Board of Registered Nursing, Provider #CEP 16668, for 7.2 contact hours. Full attendance is required to receive credit, variable credit for partial attendance may not be awarded.  
**Nurses: Florida:** Vyne Education, LLC. is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6 contact hours.

**Nurses: Iowa:** Vyne Education, LLC. is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours.

**Nursing Home Administrators:** This program has been submitted (but not yet approved) for Continuing Education for 6 total clock hours from NAB/NCERS. Call Vyne Education, LLC. at 1-800-397-0180 for further information.

**Occupational Therapists, Occupational Therapy Assistants:** Vyne Education, LLC. is an AOTA Approved Provider of continuing education. This course is offered for 0.6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Intermediate, Category 1: Domain of OT, 2: Occupational Therapy Process..

**Physical Therapists, Physical Therapist Assistants: Ohio:** This program has been submitted for 6 CEUs to the Ohio Physical Therapy Association for Physical Therapists and Physical Therapy Assistants.

**Physical Therapists, Physical Therapist Assistants: Pennsylvania:** Vyne Education, LLC. is seeking Direct Access approval from the Pennsylvania State Board of Physical Therapy.  
**Physical Therapists, Physical Therapist Assistants: West Virginia:** This program has been submitted to the West Virginia Board of Physical Therapy for 6 Continuing Education hours.

**Psychologists:** Vyne Education, LLC. is approved by the American Psychological Association to sponsor continuing education for psychologists. Vyne Education, LLC. maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologist, variable credit for partial attendance may not be awarded based on the APA guidelines.

**Recreation Therapists:** NCTRC does not pre-approve programs for CEU credit. It is the individual therapist's responsibility to retain documentation of sessions attended in order to demonstrate the relationship of session content to the NCTRC job analysis code.

**Social Workers:** Vyne Education, LLC. provider #1005, "formerly Cross Country Education" is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education (ACE) program (an approved provider since 1999, approved period 1-27-15 to 1-27-18). Vyne Education, LLC. maintains responsibility for the program. Social workers will receive 6 Clinical continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB's website at [www.aswb.org](http://www.aswb.org) for more information. This educational offering is at the Intermediate level for social workers.

**Speech-Language Pathologists, Audiologists:** This course is



Vyne Education, LLC is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

offered for .6 ASHA CEUs (Intermediate level; Related area).

**Other Professions:** This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All Professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Certificates, Educational Offering Completion Requirements:** Certificates will be awarded upon receipt of payment and successful completion of the educational offering and evaluation form.

**Amended Certificates:** Please note that the credit hours listed above are offered by Vyne Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Vyne Education.

**ADA:** If you require ADA accommodations, please contact Vyne Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

Any opinions, findings, recommendations, or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Vyne Education. Vyne Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.



*This presentation was excellent. The presenter was great! She made the material interesting and fun. This subject is what we need to know about in our daily lives and the lives of our patients.*

Ivy Letcher, RN Geriatric Case Manager, The Cleveland Clinic, Cleveland, OH

### Cancellation Policy

Cancellations received at least seven days before the event are refundable less a \$20 administrative charge per registrant. Cancellations received within seven days of the event can be exchanged for a related audio, video, or online product; or a credit toward a future event. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that has been cancelled by Vyne Education. If registration or payment is not received 10 days prior to the event, your certificate may not be present at the seminar.

### Our Guarantee

If you are not satisfied after participating in one of our programs, let us know in writing within seven days, and we will issue a credit voucher for you or anyone in your facility to use toward another seminar, audio, video, or online product. Contact us at [customerservice@vyne.com](mailto:customerservice@vyne.com).

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**PITTSBURGH - April 13, 2017**  
Sheraton Pittsburgh Airport  
1160 Thorn Run Rd  
Coraopolis, PA 15108  
412.262.2400

If you have questions about parking, please contact the hotel directly.

## HOW TO REGISTER

**ONLINE**  
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Vyne Education  
P.O. Box 200  
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**FAX**  
615.346.5350

PRICING INFORMATION:	Early*	Regular
Single Registrant:	\$189.99	\$209.99
2 to 4:**	\$179.99 ea	\$199.99 ea
5 or more:**	\$169.99 ea	\$189.99 ea

\*Registrations received 10 days prior to seminar date. \*\*Price per person when registering at the same time.

## REGISTRANT INFORMATION:

Name	Mail Code	
Email	Profession	
License Number	CE Renewal Date(s)	License Cycle Length
Facility/Company		
Address	<input type="checkbox"/> Home	<input type="checkbox"/> Business
City	County	State
Zip Code	Phone	Fax

## PAYMENT INFORMATION:

Total payment amount \$ _____	Number of registrants _____	
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**ADDITIONAL REGISTRANTS PLEASE COPY & ATTACH FORM**  
Confirmations sent via email

## ON-SITE GROUP SEMINARS AVAILABLE

Contact Sharon Sanders  
[ssanders@vyne.com](mailto:ssanders@vyne.com) | 888.683.4277



**GROUP RATE:** Call 800.397.0180 for discounts.

**DISCOUNTED STUDENT RATE:** As part of its mission to serve educational needs, Vyne Education offers a reduced rate of 50% off regular tuition for students. Include a current student schedule with registration form. Call 800.397.0180 for details.

Walk-ins are welcome, subject to space availability.