Alzheimer’s disease (AD) is the most common cause of dementia, accounting for about 70% of dementias. It is a progressive, degenerating dementia, which affects almost half of all people over 85 years of age. Ninety percent of people with AD will at some time experience behavioral or psychological symptoms. Common symptoms may include: social withdrawal, depression, anxiety, paranoia, irritability, wandering, restlessness, impulsivity, physically or verbally aggressive behaviors, sexually inappropriate behaviors, delusional beliefs and hallucinations.

The best approaches to Behavioral and Psychological Symptoms of Dementia (BPSD) include having well informed family or caregivers who can prevent or minimize symptoms through anticipating common unmet needs. (These may include many basic daily needs that the person with advanced dementia is no longer able to
express.) Psychotropic medications should only be considered if symptoms are significant, or if behavioral approaches are ineffective.

All medications carry potential side effects and risks. No medications are FDA approved for the treatment of BPSD, and many psychotropics have various FDA black box warnings. For these clinical reasons, as well as CMS regulations for people with dementia residing in nursing home settings, the prescription of psychotropics should be well thought out, with plans for dosage reduction and discontinuation in mind at the time of prescription. Potentially lesser offensive medications should be given first consideration. The lowest effective dosage for the shortest needed time frame should be the standard treatment plan. CMS mandates periodic dosage reductions at specified time frames, and based on the category of psychotropic for residents of skilled nursing facilities.

The diagnostic criteria for Alzheimer’s disease include: short-term memory impairment, anomia, apraxia, aphasia or impaired executive functioning, and changes from one’s baseline functioning not better accounted for by physical health causes. The presence of behavioral symptoms is not a diagnostic criterion, but they are increasingly likely to be present as the severity of the dementia increases.

Before focusing further on BPSD one must first consider the differential diagnosis of confusion in the elderly. The most common causes of confusion in the elderly are dementia, delirium, and depression. The presence of an underlying dementia increases the likelihood of delirium occurring due to even relatively small physical changes. Delirium is an acute state of confusion, often with an identifiable etiology. Common causes include anesthesia or medication reactions, medication interactions, infections, pain, and even environmental changes. Depression may affect concentration and attention, mirroring some symptoms of dementia and previously referred to as pseudo-dementia. The unfortunate elder may be simultaneously experiencing delirium, depression, and dementia.

A thorough review of collateral information and mental status examination allows for correct diagnoses. A new diagnosis of dementia should be provisional at best, in the context of concurrent delirium or depression. As delirium, by definition, is temporary, it follows that treatment of behavioral symptoms of delirium should be as well.

### 2015 OUTSTANDING CHAPTER MEMBER AWARD

Kari Lee Klatt is the winner of the 2016 Outstanding Chapter Member Award. The award was announced at the annual meeting held during the national conference in Brooklyn, NY in April 2016.

The criteria for choosing the recipient are as follows:

- Contributions to the growth of the Midwest Chapter by participation
- Sustained leadership and involvement in Chapter activities
- Involvement on the National level to promote Chapter and National activities and development

The Midwest Chapter has benefited in many ways through Kari’s work. She has served on the Midwest board as an active member since 2012 and she is currently serving a two year term as Vice President. Kari is always willing to give of her time by helping out on various projects and committees. She has done an outstanding job as the Newsletter editor for the past four years creating, researching and editing stories. She was instrumental in developing the electronic version of our newsletter. She helped plan one of the largest Midwest Conferences in Milwaukee several years ago and is now chairing the Milwaukee Conference for 2016. Finally, she has been the leader of the SE Wisconsin Unit for ALCA - a very active and innovative group. Because Kari brings her energy, skills & talents to everything she does for ALCA, we are happy to award her the 2015 Midwest Chapter Outstanding Member award.
It’s hard to believe that the summer is halfway over. The National Conference in Brooklyn in April was a huge success. They had the largest turn out ever, and we had about 20 Midwest Chapter members at our chapter meeting. We spent much of our meeting getting to know each other.

We are now gearing up for the Midwest Chapter’s annual conference being held in Milwaukee, Wisconsin, October 7th and 8th. You will have the opportunity to learn about the conference as you read through this newsletter. Mark your calendars and plan to join us. The conference will not only be an exceptional learning experience from our speakers, but from each other as well. The conference is always a means to learn from each other and develop new networks and friendships. I cannot put into words the value of these in-person gatherings.

Our Nominations Committee is working hard to put together an incredible slate of candidates to fill open positions on our Board. You will see more information about our upcoming elections in future e-blasts.

As I have always encouraged, look for ways to get involved with ALCA on all levels – National, Chapter and local units. When I receive the Unit reports, I am always amazed as to how much activity there is in the units. A few highlights: Our Cleveland Unit Leader, Bridget Ritossa presented on a television show on “What is an Aging Life Care™ Professional” during May, Aging Life Care Month. And she also wrote an article for The Cleveland Jewish News during ALCA Month. We have had two ALCA members from Kentucky join the Indiana Unit meetings – it is really exciting to see the effort we all make to network with each other. The St. Louis Unit is very active and working together – they have developed a flyer which explains the differences between Aging Life Care™ Experts and “care managers” with less skill. The St. Louis Unit even recruited two new members from an event, The St. Louis Breakthrough Coalition, where they had a table. And, our SE Wisconsin Unit is very busy working on our conference.

On the National Level – I hope that you are reading Inside ALCA because a lot is going on in our organization. The 2017 slate of candidates for the National Board will be coming out soon along with the election, and the CEO Search Task Force has been hard at work interviewing candidates. On August 2nd the National Board will meet to interview the final candidates in person. The goal is to hire the new CEO in the last quarter of 2016 so that he or she can work with Karen Boothroyd through the end of the year and make a smooth transition for all of us.

I would also like to share the fact that the Chapters are collaborating more than ever. The Chapter Presidents meet on a monthly teleconference call and we are sharing and learning from each other. We are currently working on a Chapter President’s notebook which will share our best practices when it comes to the organization of each Chapter. Our goal is to help make the role of President and the role of all of our Board members and committee chairs easier. We will have guidelines that have been developed by various Chapters that we can work with and use as it makes sense for our own Chapter. We hope that this President’s Notebook will be completed by the end of the year.

In closing, I hope that everyone is having a wonderful summer and enjoying the sunshine. See you this October in Milwaukee.

All the Best,

Debbie
2016 Midwest Conference

“Traditions ~ Transitions ~ Working Together”

Historic Hilton Garden Inn Downtown
611 North Broadway—Milwaukee, WI

Keynote Speaker—Anne Basting—Professor of Theatre at UW—Milwaukee

2016 CONFERENCE REGISTRATION NOW OPEN!

Register Now. Early-Bird Rates End Aug. 31st!

Register online

For more information about the conference contact Kari Klatt at

karik@caremanagedhomecare.com
Thank You!

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Session I - Keynote

Building Creative Communities of Care

Anne Basting, MA, PhD, President, TimeSlips

When disability separates us – creative engagement can help us bridge and connect. This presentation explores how creativity can connect us across differences and bring meaningful, purpose-filled activities into the lives of elders and their care partners.

Objectives:
1. Define creative engagement
2. Identify ways that creative engagement can be integrated into care relationships
3. Identify key research studies to support the impact of creative engagement for people with dementia.

Session II

Special Needs Trusts: Providing for Disabled Family Members by Maintaining Public Benefits Eligibility

Erin E. Boerschel, VP, Special Needs Trust Services Advisory Specialist, Wells Fargo Bank N. A.

Attorney Carol Wessels, Wessels Law Office LLC.

Moderator: Miriam Oliensis-Torres, LCSW, C-ASWCM. Stowell Associates

Individuals living with disabilities often have extraordinary needs that may be met through a combination of public benefits and private resources. A Special Needs Trust is one of the tools that may be used to preserve the individual’s or family members’ resources. This presentation will cover the basics of when and how a Special Needs Trust is created, the administration of a Special Needs Trust, and the role of the aging life care professional.

Objectives:
1. Define what is a Special Needs Trust and when is it appropriate.
2. Describe how a Special Needs Trust is established.
3. Explain the relationship between public benefits and Special Needs Trusts.
4. Identify considerations to be made when administering a Special Needs Trust.
5. Demonstrate the role of an aging life care professional in recognizing opportunities for a Special Needs Trust and assisting with the administration of a Special Needs Trust.
Session III

Palliative Care in American Medicine

David Weissman, MD, Founding Member of the Palliative Care Network of Wisconsin

Palliative Care has emerged as a new clinical discipline in American medicine over the past 20 years. The goal of Palliative Care is to support patients and their families through the course of a serious illness, focusing on symptom management, decision making, and prognostic awareness and, when necessary, end-of-life care planning. This course will discuss the current state of Palliative Care in American medicine, opportunities and challenges.

Objectives:
1. List three components of a definition of palliative care
2. Describe four components of a palliative care assessment
3. List three challenges and three barriers to further spread of palliative care into American medicine.

Session IV: Cultural Attitudes Towards End of Life Care

Jesus Barbosa, Health Systems Manager, American Cancer Society
Anna Wong, Director, Asian American Senior Center
Charlene Smith, RN, Native American Heritage Educator
Dr. Archie Ivy, Pastor, New Hope Baptist Church
Moderator Dr. Dimitri Mills, PhD, SW, Vitas Healthcare

Services to those at the end of life can be enhanced by greater understanding of the client and family’s cultural, religious, and spiritual values and practices. Panelists representing a cross-section of our communities will discuss these topics from a variety of cultural backgrounds and perspectives.

Objectives:
1. Define the end of life (death/dying) perspective of different cultures.
2. Expand awareness of cultural differences
3. Identify culturally appropriate interactions between healthcare providers and the client’s family caregivers.
Session V

Evaluation and Treatment of Behavioral Symptoms in Advanced Dementia

Cary J. Kohlenberg, MD: Geriatric Psychiatrist, Board Certified American Board of Psychiatry and Neurology

Dr. Kohlenberg will focus on behavioral symptoms which frequently occur in late stage dementia. He will review the domains in which dementia symptoms cluster, and sort through the differential diagnoses. He will discuss common causes of behavioral symptoms, address preventive steps, and behavioral approaches. He will review pharmacological approaches and the research pipeline.

Objectives:
1. Prevention of behavioral symptoms.

Session VI

The Benefits of Yoga as it Impacts the Caregiver Community

Paul Mross, E-RYT 200, LMT. Yoga Teacher and Researcher. Working with UW-Madison and WIHA to develop state-wide yoga programs.

Jill Compton, CYT. Yoga Teacher, working with seniors and caregivers in long term care.

This one hour interactive session will explore the benefits yoga can provide the growing community of caregivers, especially those who are aiding the older adult population. Research has proven that yoga can have a positive effect on the quality of life of individuals. Educating the caregiving community about these benefits may provide respite from the basic stresses of life. This session will examine some of these basic yoga practices.

Objectives:
1. Identify benefits of yoga for caregivers.
2. Review basic yoga practices.
Session VII

Creative Engagement & Dementia Care

Bashir Easter MBA, MPA, Dementia Care Specialist, Milwaukee County Department on Aging.

Nancy Armitage, Memories in the Making Coordinator, Alzheimer's Association, Southeastern Wisconsin Chapter.

Sara Jane Hubertz, BA, OTR. Lifestyle360 Director, Brookfield Rehabilitation and Specialty Care

Moderator: Judy Phillips, LCSW, C-ASWCM. Owner, GeriCare of West Bend

This session will provide an overview of uses of creative engagement modalities with clients with dementia and their families. Presenters will highlight the ways in which participation in these programs can be used as behavioral interventions and to enhance quality of life. Programs to be highlighted include those which utilize the arts, laughter, and multi-sensory environments.

Objectives:

1. Overview of existing programs utilizing creative engagement approaches.
2. Describe benefits of creative engagement for those with dementia and their families.
3. Identify ways in which creative engagement can be adapted for use in various service settings.

Session VIII

Caregiving in a Technology Age

Carl Hirshman, CEO, Founder Caretree.me

Learn about new technologies that can help in the caregiving process and solve many of the common safety challenges of aging in place. Is your client not compliant in wearing their PERS emergency alert necklace or bracelet? "Silver Mother" could help keep you in the know. Concerned about who has access to the house and if they're showing up when they say they are? "Lockitron" lets you control who has a key from anywhere in the world.

Objectives:

1. Learn about new options in PERS technologies
2. Consumer technologies that can be re-purposed for aging safely.
3. The realities of aging and technology use.
Conference Hotel & Travel Information

Hilton Garden Inn Milwaukee—Downtown

611 N. Broadway—Milwaukee, WI 53202
414-271-6611 (Option 3)

Room Reservations

Special Rate: Book by Sept. 6—$174/night (double or single)
Group Name: Aging Life Care Association™
Group Code: ALCA
Check-in Oct. 4, 2016
Check-out Oct. 10, 2016

Parking

- **ALCA Early-Bird Registration Parking Special**
  If you stay overnight and book your room by August 31, ALCA will provide you with a voucher for free overnight parking valued at $30.

- Valet Parking—$10/day (no in/out privileges)

- Valet Overnight Parking—$30/day (in/out privileges)

- Public Parking Lot
  - CPS Parking: 534 N. Broadway (across the street from hotel)
  - $10/day
  - $15—$20 overnight

- Street Parking
  - Parking is free after 6pm M—F
  - The city offers free 2-hr parking at meters on Sat. and Free meter parking on Sun.

Air Travel

General Mitchell International Airport (MKE) is the closest airport.

Ground Transportation

- Go Riteway: http://goriteway.com/fleet-offerings/airport-shuttle/
- Uber: https://www.uber.com/cities/milwaukee

* Both services ~ $30 one-way
Peer Case Teleconference

Sign up now for an ALCA Peer Case Teleconference! These monthly meetings are part of your member benefit package and are free to active members. These toll-free conference calls challenge us to approach our unique day-to-day care management activities in creative new ways and meet ALCA certification requirements for consultation/supervision too!

Advance registration is required. Watch for monthly e-blasts about how to take part.

2015 PEER CASE TELECONFERENCE SCHEDULE

August 17, 2016—4PM CT/5PM ET
September 21, 2016—4PM CT/5PM ET
October 19, 2016—4PM CT/5PM ET
November 16, 2016—4PM CT/5PM ET
December 21, 2016—4PM CT/5PM ET

RSVP or Send Questions to:
Jennifer Beach, BS, MA, LSW, CSWCM
(216) 406-3139 jbeach@advocate4elders.com

Beth Zurliene Hartman, MPH, BSN, RN, CMC
(618) 823-8485 ezurliene@charter.net

Benefits of Peer Care Conference

“I was never able to fit the calls into my schedule in the past and I never realized how much I have missed. The knowledge, the connection with peers are clearly invaluable!

And thanks to you Beth and Jennifer because you guys are there to pull this together and offer us the chance to empower ourselves! Just wanted to drop a line to thank you for the opportunity to present this past week to my peers. At a point I was thinking, "How did I miss that!" but I stopped beating myself up and just let the advice come my way - I have three pages of notes!

Also, thank you so much for something that I believe you said at the end of the session. You stated that we desire to fix everything but that we can't always do so. Clearly a desire that we all strive for! You also stated that we don't have a magic wand, again, don't we wish we did?! Thank you for your words of wisdom, I really needed them that day, (it's been a rough week or two). I will "pull" your words of wisdom out when I need them!"

- Teresa Wheeler, Midwest Member
## Midwest Chapter Board of Directors

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Debra Feldman (IL)</td>
<td>Board Members</td>
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<tr>
<td>President Elect</td>
<td>Jennifer Beach (OH)</td>
<td>Ann Burke (OH)</td>
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<td>Vice President</td>
<td>Kari Klatt (WI)</td>
<td>Jan Hannasch (NE)</td>
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<td>Secretary</td>
<td>Dorian Maples (IN)</td>
<td>Cheryl Hendrixson</td>
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<td>Treasurer</td>
<td>Mary Pitsch (WI)</td>
<td>Sandi Kistner (IL)</td>
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<td>Judy Mange (MO)</td>
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<td>Jeanna McElroy (OH)</td>
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<td>Bridget M. Ritossa (OH)</td>
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<td>Susan Wack (IN)</td>
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<td>Elizabeth (Beth) Zurliene Hartman (IL)</td>
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**Midwest Chapter Members Attending National ALCA Conference in New York City**

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**ALCA Call for Board Nominations**

Looking to become more involved with ALCA?  
Throw your name in the ring and become a Board Member!  
To apply please email Jeanna McElroy at [jeanna@seniorsupportservicesohio.com](mailto:jeanna@seniorssupportservicesohio.com).
Welcome New ALCA Members!

Barbara Barker, MA  
St. Louis, MO

Cheryl Bolender, LISW-S  
Cincinnati, OH

Carolyn Burggraf, MA, PA-C  
St. Louis, MO

Tracey Collins, MSW, LSW  
Cincinnati, OH

Eileen Hedrick  
St. Louis, MO

Denise Huber  
St. Louis, MO

Diane Lanners  
St. Louis, MO

Lisa Muenchow, LCSW  
Westchester, IL

Ryan O’Leary, CSA, MBA  
Cincinnati, OH

Liz Schulze  
St. Louis, MO

Crystal Strong, RN  
Schaumburg, IL

Marcia Tevelde, BA, CBIS  
Manistique, MI

Marcia Vandersluis, LSW, MS, CCM  
Dayton, OH

Ryan Whittington  
St. Louis, MO

Kit Whittington  
St. Louis, MO
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Long Term Care & Geriatric Issues

Send us suggestions/info on:
- Seminars
- Educational Opportunities
- Newsworthy Info
- Personnel Changes

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- Jan 12—December 25
- April 5—March 29
- July 5—June 28
- October 4—September 27

For More Info Contact the Editor:
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