

## Course Content

### USE IT OR LOSE IT:

#### MAXIMIZING MEMORY ABILITY

- ◆ Latest research related to the "Use It or Lose It" theory of memory and aging
- ◆ 52 cognitively stimulating activities for older adults
- ◆ Cognitive enhancement intervention studies: What works and what doesn't

#### MEMORY AND COGNITION

- ◆ Why do cognitive abilities change as we get older?
- ◆ What cognitive abilities decrease in older adulthood?
- ◆ What cognitive abilities are preserved in older adulthood?
- ◆ Interactive Lab: Communicating with patients/residents as well as family members about memory and dementia issues

#### MEMORY AND THE BRAIN

- ◆ Neuropsychology basics
- ◆ Paying attention: The importance of the frontal lobes
- ◆ Frontal lobe: Traumatic brain injury (TBI) and mild cognitive impairment (MCI)

#### UNDERSTANDING DEMENTIA AND MEMORY LOSS

- ◆ Different types of dementia
- ◆ Delirium: The importance of recognizing it and getting treatment
- ◆ Symptoms and courses of the different types of dementia
- ◆ Pharmacological treatments for dementia: A primer
- ◆ Patients with traumatic brain injury
- ◆ Patients with mild cognitive impairment

#### DEVELOPING YOUR OWN COGNITIVE ENHANCEMENT PROGRAMS

- ◆ Where, when, and how often
- ◆ Screening participants
- ◆ Components of an effective cognitive enhancement program
- ◆ Designing group-based programs for people of varying abilities
- ◆ 20-day curriculum of cognitive enhancement activities

#### COGNITIVE REHABILITATION ACTIVITIES

- ◆ Password-protected website
  - How to use it
  - Tools readily printed and implemented
- ◆ Activities for improving cognitive abilities
  - Introduction to the activities
  - Specific cognitive abilities improved by each activity
- ◆ Interactive Lab: Practice cognitive rehabilitation activities in small groups

#### MOTIVATING DEPRESSED, APATHETIC, AND ANXIOUS CLIENTS

- ◆ Apathy
- ◆ Depression
- ◆ Agitation
- ◆ How to motivate people to get the most out of therapy and activities



LIVE WEBCAST

March 27

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### Who Should Attend

- ◆ Speech-Language Pathologists
- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Physical Therapists
- ◆ Physical Therapist Assistants
- ◆ Activity Directors
- ◆ Gerontologists
- ◆ Nurses
- ◆ Recreational Therapists
- ◆ Social Workers
- ◆ Wellness Directors
- ◆ Memory Care Specialists
- ◆ Nursing Home and Assisted Living Administrators
- ◆ Psychologists
- ◆ Counselors
- ◆ Case Managers
- ◆ Nurse Practitioners
- ◆ Certified Brain Injury Specialists

### 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)



# Cognitive Rehabilitation & Memory Enhancement

Evidence-Based Interventions for Older Adults



**Knoxville, TN**  
 March 26

**Nashville, TN**  
 March 27

**Birmingham, AL**  
 March 28

**Atlanta, GA**  
 March 29



# Cognitive Rehabilitation & Memory Enhancement

Evidence-Based Interventions for Older Adults



- Improve memory and cognition in individuals with mild cognitive impairment (MCI), early-to-mid stage dementia, vascular dementia, or traumatic brain injury (TBI)
- Motivate depressed, apathetic, and anxious clients to participate in therapy and activities
- Practice the latest interventions for improving the ability to make new memories
- Access an extensive array of free resources, including games and other cognitive exercises

**Knoxville, TN**  
 March 26

**Nashville, TN**  
 March 27

**Birmingham, AL**  
 March 28

**Atlanta, GA**  
 March 29



Live Video Webcast  
 March 27



## Evidence-Based Techniques to Slow, & Even Reverse, Memory Problems

Millions of older adults are suffering from impaired memory and attention. These deficits can affect where people can live, how much support they will need, and their quality of life. Although recent research has found that memory enhancement interventions are effective at preventing further decline and improving memory abilities, these resources are not widely available to professionals who work with older adults or people who have experienced traumatic brain injury. In addition, very recent research has found that physical exercise, nutritional changes, and social support interventions can improve cognitive ability and quality of life. Once again, however, the necessary resources have not always trickled down to the people who can use them.

In this cutting-edge course, participants will learn up-to-date information about memory, aging, and dementia. They will learn how to implement evidence-based interventions to slow, or even reverse, memory problems. Participants will get web access to over 300 cognitive rehabilitation activities and social support interventions for community settings. Most of these activities and interventions are appropriate for people who want to be proactive in preventing memory loss as well as those who have mild cognitive impairment, early stage dementia, or cognitive deficits after a stroke. Workshop participants will learn how to take advantage of preserved cognitive abilities that allow even mid-stage dementia patients to learn new skills. Finally, attendees will learn how to motivate their apathetic and unmotivated residents and patients so they can take advantage of these breakthroughs.

## Course Director



**ROBERT G. WINNINGHAM, PhD**, has 20 years of experience in applied memory issues and for the past 16 years has conducted research on older adults and their cognitive abilities. Dr. Winningham is currently serving as Interim Dean of the College of Liberal Arts and Sciences at Western Oregon University, where he is also a professor in both the Psychological Sciences and Gerontology Departments. He also helps *Linked Senior* create video games and interactive activities specifically designed to enhance cognition, and he creates monthly brain stimulation activities for thousands of retirement communities as a part of *Dr. Rob's Cranium Crunches* on activityconnection.com.

Some of Dr. Winningham's prior positions and experiences have included serving as President of MemAerobics, teaching responsibilities at both Baylor University and McLennan Community College, journal reviewer for the *Journal of Experimental Psychology* and *Teaching of Psychology*; and reviewing numerous psychology texts. In addition to publishing many peer-reviewed journal articles in the area of human memory, Dr. Winningham has been invited to give well over 1,000 invited presentations about memory and aging at various conferences and workshops. He has authored two books, *Train Your Brain: How to Maximize Memory Ability in Older Adulthood* (2009) and *Cranium Crunches* (2016).

Dr. Winningham received his Doctorate in Neuroscience from Baylor University and his Master's and Bachelor of Science degrees in Psychology from Western Washington University. To learn more about Dr. Winningham and his work, visit [robwinningham.com](http://robwinningham.com)

### Disclosure:

Financial - Receives a speaking honorarium from Vyne Education. Has an ownership interest in Linked Senior, Inc. Receives a speaking fee and salary from Masterpiece Living, Inc.  
Nonfinancial - No relevant nonfinancial relationship exists.

## Objectives

- ◆ Describe the research findings that support the "Use It or Lose It" theory of memory and aging
- ◆ Explain the neuropsychological foundations of dementia and other conditions that cause memory loss
- ◆ Analyze cognitive rehabilitation enhancement programs for people of varying cognitive abilities
- ◆ Demonstrate effective cognitive rehabilitation activities
- ◆ Determine ways to motivate depressed, apathetic, and anxious clients

## CAN'T COME TO US? WE'LL COME TO YOUR STAFF!

**ON-SITE GROUP SEMINARS:** Choose Topics, Instructors, & Dates To Fit Your Specific Needs

**WEEKEND DATES AVAILABLE!**

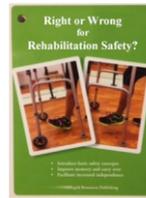
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## RELATED PRODUCTS

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### Right or Wrong for Rehabilitation Safety?

These easy-to-use safety cards are beneficial in a variety of rehab settings. They facilitate motor planning, cognitive progression, and improve safety awareness, reasoning, and memory skills. They can also be used by family members to practice and reinforce therapy skills.



### Live Webcast Details

Live webcasts provide an easy and convenient opportunity to participate in an interactive educational experience from the convenience of your own computer. They include real-time video and audio of the scheduled presentation, with educational slides and downloadable seminar materials. One CE Certificate is included with registration. Additional participant CE Certificates are only \$19.99 each.

## Continuing Education Credit

(Visit [catalog.vyne.com](http://catalog.vyne.com) for available continuing education for the Live Webcast)

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.

**Case Managers:** This program has been submitted to the Commission for Case Manager Certification for 6 clock hours of continuing education.

**Counselors:** 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.

**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 6.0 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: Kentucky:** This program has been submitted to the Kentucky Physical Therapy Association for approval of 6 contact hours.

**Physical Therapists, Physical Therapist Assistants: Tennessee:** This program has been submitted to the Tennessee Physical Therapy Association for 6 contact 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 1/27/2018-1/27/2021). 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:

**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.

This course is offered for .6 ASHA CEUs (Intermediate level; Professional 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.

Information obtained in this course should be used within your scope of practice.

**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.



**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).

## Cognitive Rehabilitation & Memory Enhancement

### Please select a Date & Location

**KNOXVILLE**  
**March 26, 2018**  
Hilton Garden Inn West  
216 Peregrine Way  
Knoxville, TN 37922  
865.690.6511

**NASHVILLE**  
**March 27, 2018**  
Vyne Education Horizon Center  
9020 Overlook Blvd, Suite 130  
Brentwood, TN 37027  
615.331.4422

**BIRMINGHAM**  
**March 28, 2018**  
DoubleTree Hotel Birmingham  
808 20th St South  
Birmingham, AL 35205  
205.933.9000

**ATLANTA**  
**March 29, 2018**  
Holiday Inn Airport South  
4669 Airport Blvd  
College Park, GA 30337  
404.763.8800

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**March 27, 2018**

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**HOW TO REGISTER**

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Use Express Number: 17935

**MAIL**  
Vyne Education  
P.O. Box 200  
Brentwood, TN 37024

**PHONE**  
800.397.0180 or 615.331.4422

**FAX**  
615.346.5350



**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.**

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	<b>Early**</b>	<b>Regular</b>	<b>Number of registrants</b>
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<small>*Registrations received 10 days prior to seminar date. **Price per person when registering at the same time.</small>			<b>Total</b>
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