



Mayo Clinic Conference on Brain Health and Dementia

Saturday, November 4 | Mayo Civic Center | Rochester, Minnesota



Art image designed by Anne Labovitz

In collaboration with:



2023 Event Sponsor:



Welcome

Dear Conference Attendee,

Today's conference theme, Paths to Emotional Wellbeing, is not about seeing the silver lining, or putting aside the difficult emotions that we all face at times. Wellbeing is not the absence of illness, disease or suffering. It is about accepting the challenges of life as part of the human condition and choosing how to respond to those challenges.

Throughout the day, you will hear about the science of brain health and dementia, current and emerging treatments and working with your healthcare team. You will also hear how persons living with dementia and caregivers have found a path toward wellbeing unique to their individual needs, preferences, culture and identity. Moreover, we hope that today's conference educates, inspires, and brings you hope.



Angela Lunde, M.A.



Ronald Petersen, M.D., Ph.D.

Sincerely,

Angela Lunde, M.A.

Ronald Petersen, M.D., Ph.D.

Conference Directors

Minnesota Leaders that Care



Kate Schaefer, Ph.D.

Kate Schaefer, Ph.D., L.P. serves on the AARP MN Executive Council. Dr. Schaefer contributes to local and regional strategies that impact AARP's 620,000 members in Minnesota, including caregiving, livable communities, financial security and brain health. Dr. Schaefer has been a family caregiver, a role that shapes her advocacy work in this area. She is currently the Director of Osher Lifelong Learning Institute at the University of Minnesota and serves on the U of M Age Friendly Council. Dr. Schaefer is a licensed psychologist, leadership coach and educator.



Susan Parriott

Susan Parriott is the Chief Executive Officer of the Alzheimer's Association Minnesota-North Dakota Chapter and Region leader in North Dakota, Iowa, Nebraska, South Dakota and Wisconsin. She has expanded support services, advanced public policy at the state and federal levels and increased state funding for programs in her region. Under her leadership, the Chapter continues to be a top Walk to End Alzheimer's site and the Purple Gala is one of the largest in the country. She led the region to convert all programs and services to virtual formats to meet the changing needs of those impacted by Alzheimer's.

Conference Directors



Angela Lunde, M.A.

Angela Lunde, M.A. is an Associate in Neurology at Mayo Clinic's Alzheimer's Disease Research Center. Her interests and research focus on the emotional and quality of life factors experienced by those living with dementia and caregivers. Ms. Lunde maintained a blog on caregiving for over a decade and has contributed to numerous articles and published research. She is the co-author of the book *Mayo Clinic on Alzheimer's Disease* (2020 Mayo Clinic Press) and the author of *Day-to-Day Living with Dementia: A Mayo Clinic Guide for Offering Care and Support* (2022 Mayo Clinic Press).

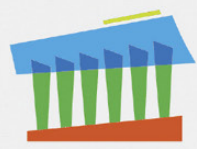
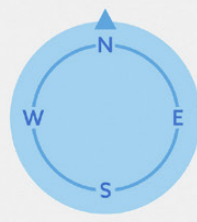


Ronald Petersen, M.D., Ph.D.

Ronald Petersen, M.D., Ph.D. is the Director of Mayo Clinic's Alzheimer's Disease Research Center and the Mayo Clinic Study of Aging, and has authored over 1,000 peer-reviewed articles on memory disorders, aging and Alzheimer's disease. He served as the Chair of the Advisory Committee on Research, Care and Services for the National Alzheimer's Disease Plan and was appointed to the World Dementia Council by the UK government. In addition to numerous prestigious awards, Dr. Petersen recently received the 2023 Mayo Clinic Distinguished Alumni Award from Mayo Medical School.



- ▶ ENTRANCES
- SUITES & MEETING ROOMS
- PUBLIC AREAS
- VENUES
- NON-PUBLIC AREAS
- RESTROOMS
- ELEVATORS
- OUTDOOR SPACE



MINNESOTA'S ROCHESTER
MAYO CIVIC CENTER
 CONVENTIONS & EVENTS

Contact the Mayo Civic Center for event services and information at **800 422 2199** or **info@mayociviccenter.com**

Schedule-at-a-Glance

8:00 am **Registration and Exhibitor Booths open, refreshments available**

PLENARY SESSION

9:00am **Official Welcome from Mayo Clinic, the Alzheimer’s Association, and AARP**

Ronald Petersen, Susan Parriott, Kate Schaefer, Angela Lunde

Paths to Wellbeing

Debra Tann, Ed.D. - Author, Educator, Coach, CEO of Reminiscent

Kanada Yazbek - Person living with mild cognitive impairment and advocate

Br. John-Richard Pagan - Person living with Lewy body dementia and advocate

Diana Shulla-Cose - Care partner and Founder of Lorenzo’s House

Anne Labovitz, B.A., M.F.A - Professional Artist and Educator, MN College of Art and Design

The Latest Developments on Brain Health and Dementia

Ronald Petersen, M.D., Ph.D. - Professor of Neurology, Director of the Mayo Clinic Alzheimer’s Disease Research Center

Kristine Yaffe, M.D. - Professor of Psychiatry, Neurology, and Epidemiology, UCSF

Vijay Ramanan, M.D., Ph.D. - Assistant Professor of Neurology, Mayo Clinic

11:25am **Lunch**

Boxed Lunches and dining tables will be available from 11:25-12:30pm in Ballroom 2-3. Exhibitor booths, art making open

BREAKOUT SESSIONS (FULL LIST OF SESSIONS PROVIDED ON PAGES 12–17)

12:30pm **Breakout Sessions 1**

1:45pm **Breakout Sessions 2**

3:00pm **Breakout Sessions 3**

CLOSING

4:15pm **The Art & Soul of Wellbeing**

Anne Labovitz, B.A., M.F.A., - Professional Artist and educator, MN College of Art and Design

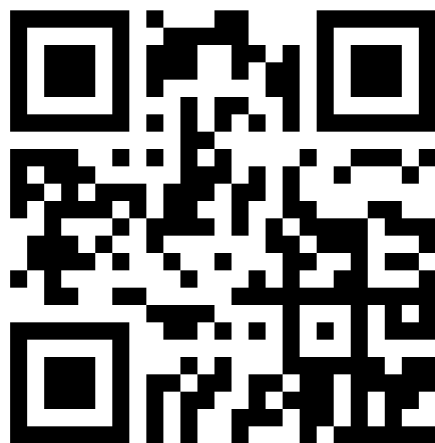
Hannah Lou Woods - Songwriter, singer, and multi-instrumentalist

4:35pm **Adjourn**

Have a Question? Join our Online Forum Here!

We will be taking questions during some of the ballroom sessions. If you have a question please join our question room by either scanning the QR code below or going to **www.vevox.app** and entering the ID.

ID: 123-102-811



Thank You to our Planning Committee!

Amy Waltrick

Jay Haapala

Nick Rethemeier

Angela Lunde

Jenni Bertschinger

Susan Reigel

Carla Zbacnik

Kanada Yazbek

Venoreen Browne Boatswain

Charlene Martin Lillie

Laurie Brickley

Heidi Haley-Franklin

Linda Lorentzen

Featured Books

Check out the books we are featuring at the conference by visiting the exhibitor tables. You may even meet an author!

Mayo Clinic On Alzheimer's Disease and Other Dementias

Jonathan Graff-Radford, M.D. and Angela Lunde, M.A.

Day to Day Living with Dementia

Angela Lunde, M.A.

The Race of Dementia

Debra Tann, Ed.D.

I Didn't See It Coming: Scenes of Love, Loss, and Lewy Body Dementia

Mary Lou Falcone

Pathways to Well-being with Dementia

The Dementia Action Alliance

The Day After Yesterday - Resilience in the Face of Dementia

Joe Wallace

Keep Sharp: Build a Better Brain at Any Age

Sanjay Gupta, M.D.

12 Weeks to a Sharper You

Sanjay Gupta, M.D.

The Christmas Heart

Pam McDonald

The Wellbeing Quilt: A Participatory Experience

Artist Anne Labovitz believes that art can be utilized for community building and emotional exchange. Making art is a vital way to communicate between humans.

Join Anne to create an art square; it can be a simple word, thought, drawing, or doodle. No artistic skill is needed—Anne’s special touch is a part of each square,

so all are sure to be beautiful! Each square will be unique but woven together they will represent a community expression of wellbeing.

Art making spaces will be set up throughout the conference. Stop by for 3 minutes or 30 minutes, in the morning, during lunch or between breakout sessions.



Thank you to our Sponsors



Opening Plenary: Paths to Wellbeing



Debra Tann, Ed.D.

Dr. Debra Tann is the CEO and founder of Reminiscent located in Valdosta, Georgia. Reminiscent is a brain health organization providing educational training and resources around the subject of dementia. She was recently recognized by BrightFocus as a Community Impact Award honoree for 2023. Dr. Tann fervently advocates for legislation at the state and national level for those living with dementia and their families. She inspires young minds to consider the field of Gerontology.



Kanada Yazbek

Kanada Yazbeck is a dedicated and passionate volunteer with the Alzheimer's Association Minnesota. She was diagnosed with Mild Cognitive Impairment at age 41. Kanada now uses her story to raise awareness about the Alzheimer's Association's excellent programs and services. Kanada retired in early 2021 from a career in real estate. Residing in Ramsey, MN with her care partner/significant other, her three cherished children and three dogs, she now serves her community as a Director in Children's Ministry.



Br. John-Richard Pagan

John-Richard (JR) Pagan is a disabled veteran with a background in marriage and family therapy. At age 47, he began to suffer cognitive challenges and was later diagnosed with Lewy body dementia. Br. John-Richard has found a way to live fully with his diagnosis. He is the junior warden at his church. He also is active with Dementia Action Alliance, a nonprofit advocacy organization and finds community support with the Gay, Bisexual Men of Fredericksburg and his family.



Diana Shulla Cose

In 2021 Diana founded Lorenzo's House in honor of her husband and to support families walking with younger-onset dementia. Her family felt under-resourced and misunderstood because they were younger, so she imagined a place that filled the care and connection gap for families like hers. Diana has gathered an international Board of Directors and Innovation, Medical & Science Advisors (IMSA) and has developed numerous partnerships and collaborations.



Anne Labovitz, B.A., M.F.A

Anne Labovitz received a B.A. in Art and Psychology from Hamline University in St. Paul (1989) and an M.F.A. from Transart, Plymouth University, UK (2017). She is currently an adjunct professor and mentor in the M.F.A. program at Minneapolis College of Art and Design. Her work has been exhibited nationally and internationally and is held in many private and public collections, including the Walker Art Center and Weisman Museum in Minneapolis, as well as Mayo Clinic in Rochester.

Opening Plenary: The Latest Developments in Brain Health and Dementia



Vijay Ramanan, M.D., Ph.D.

SESSION MODERATOR

Vijay K. Ramanan, M.D., Ph.D., is a Neurologist with subspecialty interest in Cognitive/Behavioral Neurology. In addition to his clinical activities, Dr. Ramanan is active in research, including publishing high-impact manuscripts integrating multimodal data (genetic, neuroimaging, fluid biomarker and cognitive assessment) to illuminate mechanisms and novel treatment targets for Alzheimer's and related disorders. He also provides committed education and mentorship to residents and fellows and participates in numerous leadership and service roles within and outside of the institution.



Kristine Yaffe, M.D.

Dr. Kristine Yaffe holds the Scola Endowed Chair and the Epstein Endowed Chair, and is Professor at the University of California, San Francisco. She is an internationally recognized expert in ADRD epidemiology and the identification of ADRD modifiable risk factors. In recognition of her transformative research which has formed the cornerstone for dementia risk reduction trials worldwide, Dr. Yaffe has received multiple awards including the Potamkin Prize and is an elected member of the National Academy of Medicine.



Ronald Petersen, M.D., Ph.D.

Ronald Petersen, M.D., Ph.D. is the Director of Mayo Clinic's Alzheimer's Disease Research Center and the Mayo Clinic Study of Aging, and has authored over 1,000 peer-reviewed articles on memory disorders, aging and Alzheimer's disease. He served as the Chair of the Advisory Committee on Research, Care and Services for the National Alzheimer's Disease Plan and was appointed to the World Dementia Council by the UK government. In addition to numerous prestigious awards, Dr. Petersen recently received the 2023 Mayo Clinic Distinguished Alumni Award from Mayo Medical School.

Breakout Session 1 - 12:30pm

BALLROOM

After the Diagnosis

Bradley Boeve, M.D. - *Consultant Behavioral Neurology, Professor of Neurology, Mayo Clinic*

This session guides attendees on ways to manage Alzheimer's disease and related dementias that can optimize quality of life at various stages of the disease including symptom management, multidisciplinary considerations, lifestyle adaptations and behaviors and psychosocial support.

ROOM 101

Music Making to Promote Wellbeing

Christina Wood, M.A., M.T.B.C. - *Founder and Executive Director, Healing Rhythms Music Therapy, LLC*

Brianna Larson, M.A., M.T.B.C. - *Neurologic Music Therapist, Healing Rhythms Music Therapy, LLC*

Learn from music therapists how and why music is beneficial for brain health and overall wellbeing. Experience the joy, empowerment and connection that comes from live music. Leave uplifted from making music together. No previous music skills necessary, just a willingness to learn and be together with the music!

ROOM 103

How to Turn Challenges Into Gifts

Helen Bundy Medsger - *Caregiver and Dementia Advocate*

Dementia caregiving follows a long, sometimes rocky path. Helen will guide you through her 35 years of supporting her family members and those in her dementia community. She will share lessons learned and offer practical steps to building a support system, self-care, resources and the collective wisdom of fellow caregivers.

ROOM 104

It's Not the Same: What to Know About Lewy Body Dementia

Brandi Hackett, L.M.S.W., C.-A.S.W.C.M. - *Senior Manager of Support Services, Lewy Body Dementia Association*

This session provides a basic review of Lewy body dementia including presenting symptoms, shifting needs and day-to-day living with Lewy for those symptomatic, diagnosed and their care partners. The presentation will lean into shared experiences as well as how to tap into available information and support options through the Lewy Body Dementia Association.

ROOM 105

Advocating Starts at Diagnosis

Venoreen Browne Boatswain - *Director of Diversity and Multiculturalism, Anonka-Ramsey Community College*

How do you transition from caring for a family member with dementia to becoming an advocate? Led by a caregiver who will share her own experiences, this interactive session will address the complexities of advocacy while providing information that will empower individuals and families in the role and rewards of advocacy.

ROOM 106

The Alter Program: Faith Communities Supporting African American Families Affected by Dementia

Robbin Frazier - *Associate Director of Equity and Community Engagement, SPH Center for Healthy Aging & Innovation, University of Minnesota*

Founded by Dr. Fayron Epps of Emory University and led by Robbin Frazier in Minnesota, the Alter Program partners with churches to provide a supportive environment for families affected by dementia through education, environmental modifications and implementation of resources. Learn about the program framework, toolkit, support team and Minnesota initiatives.

ROOM 108

Wellness Recovery Action Plan

Xue Yang - *Community Health Worker & Wellness Engagement Specialist, Trellis*

What if you could create a daily plan for increasing positivity and gain tools for getting back on track when faced with challenges? Learn about Juniper's new evidence-based program, Wellness Recovery Action Plan (WRAP) and come away with some new skills for positive mental health.

ROOM 109

Small Towns Providing Big Support

Marie Hlava - *Community Leader in Dementia Awareness, Southeast MN Area Agency on Aging (SEMAAA)*

Lori Paulson - *Senior Citizen Advocate, City of Winona*

Jenelle Cummings - *Community Advocate, Mower County Senior Center, SEMAAA Board Member*

MaryAnne Higgins - *Community Advocate, Steele County Historical Society*

Join small town and rural innovators as they highlight some of their programs aimed at helping families living with dementia. Information will include funding, marketing and sustainability. This conversation will include how these programs improve wellbeing and life in their small town.

ROOM 110

When Does Forgetfulness become Dementia?

Hugo Botha, M.B., Ch.B. - *Consultant in Neurology, Mayo Clinic*

A little more forgetful lately? Should you worry? This session will overview the difference between normal age-related memory changes and conditions like mild cognitive impairment or dementia. We will also sort out the difference between dementia and Alzheimer's and other sometimes confusing terms. Strategies for those newly diagnosed will be offered.

ROOM 111

The Power in Purpose

Br. John-Richard Pagan - *Junior Warden, Advocate, Teacher, Person Living with Lewy Body Dementia*

Julia Wood M.OT., O.T.R./L. - *Directory of Professional & Community Education, Lewy Body Dementia Association*

Living with purpose has been called "a psychological resource for aging well." Individuals with dementia, like all human beings, need purpose to live their best. People with dementia are finding their purpose after a diagnosis. This session will provide strategies and inspiration on your road to a purpose-driven life.

Breakout Session 2 - 1:45pm

BALLROOM

The Power of Advanced Planning

Tracy Keibler, M.A. - *Executive Director, START Senior Solutions*

Lynn Bergren, R.N.-B.C. - *Outreach Nurse, START Senior Solutions*

Josh Casper, J.D. - *Elder Law Attorney, Casper Law, PLLC*

Jim Dostal, M.A., - *(Retired) Long-Term Care Ombudsman, START Senior Solutions*

Don't let a life-changing crisis catch you unprepared. A comprehensive plan for aging can give you a voice in your future. A panel of medical, legal and elder advocacy professionals will explain how to make your wishes known, create a plan for aging and assemble a team to support you.

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ROOM 104

Skillful Communication for Better Dementia Care

Emma Latzke, M.A., C.T.R.S. - *Director of Resident Services, Charter House - Mayo Clinic Retirement Living*

This session will unlock keys to successful communication when interacting with people living with dementia including approach, asking 'good' questions, offering choice and how improvisation can be a positive part of everyday interactions. These tools and strategies are applicable to friends, family, care partners and professional caregivers alike.

ROOM 105

Ask the Doctor

Jonathan Graff-Radford, M.D. - *Consultant Behavioral Neurology, Professor of Neurology, Mayo Clinic*

We are in a new era for Alzheimer's treatment. Research shows that a recently approved drug treatment could help those in the earliest stages of the disease. The results offer hope but there are uncertainties. A Mayo Clinic expert answers your questions on this, as well as other questions important to you.

ROOM 106

Empowering Care Partners of Younger-Onset Dementia

Bree Ruge, C.D.P. - *Lead of Programs & Development, Lorenzo's House*

Diana Cose - *Founding Executive Director, Lorenzo's House*

Patti LeFleur, M.Ed, C.D.P. - *Lighthouse Outreach Lead, Lorenzo's House*

Lorenzo's House empowers families walking with younger-onset dementia through holistic support, shifting the narrative from isolation to connection, stigma to strength and darkness to light. We connect those walking a similar path, offering safe spaces for care partners to connect, heal and share. Join us to find out more.

ROOM 108

Evidence-Based Classes for Health and Wellbeing

Gail Johnson - *Juniper Leader, Commonbond Communities*

Rachel Bremness, L.S.W. - *Senior Provider, Relationship Manager, Trellis*

As caregivers, it is just as important to take care of ourselves as our loved ones. Evidence-based classes offer clear actions for health and wellbeing. This session includes a lively and fun demonstration of the program Stay Active and Independent for Life—mixing balance, strength and aerobic exercises.

ROOM 109

Why Culture Matters: Addressing the Needs of African American Caregivers

Venoreen Browne Boatswain - *Moderator, Director of Diversity and Multiculturalism, Anoka-Ramsey Community College*

Manka Nkimbeng, Ph.D., M.P.H., B.S.N. - *Assistant Professor, Division of Health Policy & Management University of Minnesota*

Tuesday Glover, M.S.W., C.H.W. - *Director of Culturally Responsive Caregiver Support & Dementia Services Program - Volunteers of America of - Minnesota and Wisconsin*

Amina Keinan, M.B.A., R.N., B.S.N., P.H.N., C.C.M., L.A.L.D. - *Executive Director, Point One Home Health, L.L.C.*

Experts and leaders in their community will educate and address cultural stigmas pertaining to healthcare, caregiver stressors and the support and education needs of African communities in Minnesota. The session will include information on specific programs, services and the role of a Community Health Worker. Learn why addressing culture in healthcare matters!

ROOM 110

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Hugo Botha, M.B., Ch.B. - *Consultant in Neurology, Mayo Clinic*

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ROOM 111

Uncovering Potential: How Occupational & Other Therapies Support Better Living

Julia Wood M.OT., O.T.R./L. - *Directory of Professional & Community Education, Lewy Body Dementia Association*

Occupational, Physical and Speech therapists are essential for addressing safety, meaningful engagement and quality of life for people living with dementia and care partners. We will review the roles of these professionals and discuss how to find a therapist and advocate for therapy services that can enhance life.

Breakout Session 3 - 3:00pm

BALLROOM

Critical Conversations in a New Era of Alzheimer's Treatment

Lisa Groon, B.S. - Senior Health Systems Director, Alzheimer's Association

Manka Nkimbeng, Ph.D., M.P.H., B.S.N. - Assistant Professor, Division of Health Policy & Management University of Minnesota

Vijay Ramanan, M.D., Ph.D. - Associate Professor of Neurology, Mayo Clinic

Kate Schaefer, Ph.D. - Director, Osher Lifelong Learning Institute, University of MN, President of AARP Minnesota

The Alzheimer's Association's 2023 Report suggests that many people with memory concerns do not discuss them with their doctor, yet in an era of new treatments, early detection is more important than ever. Panelists will discuss early diagnosis from a systems and cultural perspective, along with how to talk with your doctor

ROOM 103

Yoga for Grief Relief

Chris Armstrong - Yoga Instructor, Mayo Clinic - Healthy Living Program; Charter House; Chris Armstrong Yoga

Yoga recognizes that we are multidimensional beings composed of body, life force, mind, personality and emotions. As grief will affect each of us more than once in our lives, yoga offers support. We will discuss yoga philosophy and practice yoga seated and/or standing. Yoga experience is NOT needed.

ROOM 104

Skillful Communication for Better Dementia Care

Emma Latzke, M.A., C.T.R.S. - Director of Resident Services, Charter House - Mayo Clinic Retirement Living

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We are in a new era for Alzheimer's treatment. Research shows that a recently approved drug treatment could help those in the earliest stages of the disease. The results offer hope but there are uncertainties. A Mayo Clinic expert answers your questions on this, as well as other questions important to you.

ROOM 106

Empowering Youth of a Parent Walking with Younger-Onset Dementia

Bree Ruge, CDP - Lead of Programs & Development, Lorenzo's House

Patti LeFleur, M.Ed, CDP - Young Professionals Board, Lorenzo's House, Care Partner

Diana Shulla Cose - Founding Executive Director, Lorenzo's House

For the youth walking with a parent's younger-onset dementia diagnosis, their voices are the softest, yet their journey is the hardest. We provide a safe space to connect with others who understand so they can heal together and share tools that empower. Lorenzo's House ensures that we walk together, never alone.

ROOM 107

Let's Connect - For Persons with Dementia or Cognitive Concerns

John-Richard Pagan - *Person living with Lewy body dementia & advocate*

Kanada Yazbek - *Person living with mild cognitive impairment & advocate*

This session provides a casual and supportive space for those living with dementia or cognitive concerns to share, learn and feel the support and joy that comes from connecting and knowing you are not alone.

ROOM 108

Let's Connect - For Family Caregivers

Brandi Hackett, L.M.S.W., C.-A.S.W.C.M - *Senior Manager of Support Services, Lewy Body Dementia Association*

Today's conference is a full day of listening to information, education and learning about resources. This session is different—it's about relaxing, reflecting, processing the day and engaging in conversation with others who understand the caregiving experience.

ROOM 109

Late Stage Dementia: Supportive Approaches to Care

Maria Lapid, M.D. - *Professor of Psychiatry at the Mayo Clinic Department of Psychiatry and Psychology*

Explore the distinct experiences of those with late-stage dementia, understand the differences between palliative and hospice care and discover how both care approaches enhance the end-of-life journey for individuals with late-stage dementia and their families.

ROOM 110

Managing Money: A Caregiver's Guide to Finances

Lynne Hemann - *Volunteer Community Educator, Alzheimer's Association Minneosta-North Dakota*

This program by the Alzheimer's Association® will help you learn about the costs of caregiving and the benefits of early planning, teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs and find support.

ROOM 111

Practical Actions for Coping with Cognitive Changes

Julia Wood M.OT., O.T.R./L. - *Directory of Professional & Community Education, Lewy Body Dementia Association*

In this session, we will unpack the cognitive domains of executive function, working memory, visuospatial function, attention and language and how dementia impacts daily activities in each area. For each domain, we will discuss empowering takeaways and practical strategies you can implement in daily life to address these cognitive changes.

Closing Plenary: The Art & Soul of Wellbeing



Anne Labovitz, B.A., M.F.A.

Anne Labovitz received a B.A. in Art and Psychology from Hamline University in St. Paul (1989) and an M.F.A. from Transart, Plymouth University, UK (2017). She is currently an adjunct professor and mentor in the MFA program at Minneapolis College of Art and Design. Her work has been exhibited nationally and internationally and is held in many private and public collections, including the Walker Art Center and Weisman Museum in Minneapolis, as well as Mayo Clinic in Rochester.



Hannah Lou Woods

An award-winning singer-songwriter and multi-instrumentalist, Hannah Lou Woods creates heartfelt folksy-bluesy-pop: soulful songs with lyrical depth, powerful melodies and intricate arrangements on instruments such as piano, ukulele and guitar. Her music reflects her own personal journey of healing, self-discovery and transformation. Hannah's electro-pop project, We Saw Lions, has released music with High Vibe Records and Jumpsuit Records and has amassed over 6 million streams on Spotify.



Br. John-Richard Pagan

John-Richard (JR) Pagan is a disabled veteran with a background in marriage and family therapy. At age 47, he began to suffer cognitive challenges and was later diagnosed with Lewy body dementia. Br. John-Richard has found a way to live fully with his diagnosis. He is the junior warden at his church. He also is active with Dementia Action Alliance, a nonprofit advocacy organization and finds community support with the Gay, Bisexual Men of Fredericksburg and his family.



The Exhibitor Guide

We are thankful for this year's sponsors and exhibitors. Please stop by their tables to visit and learn what they have to offer.

- Mayo Clinic Alzheimer's Disease Research Center
- AARP Minnesota
- Alzheimer's Association of Minnesota and North Dakota
- Association for Frontotemporal Degeneration
- Buttons for ALZ
- CaringBridge
- Chris Armstrong Yoga
- Cognito Therapeutics
- Corium
- Cottagewood Senior Campus
- Dementia Action Alliance
- Dementia Friendly Programs
- Eisai, Inc.
- Elder Network
- Giving Voice
- Healing Rhythms Music Therapy
- HealthCare Interactive, Inc.
- Home Instead Senior Care
- Lewy Body Dementia Association
- Lorenzo's House
- Minnesota Association of Area Agencies on Aging
- MapHabit
- Mayo Clinic Referring Providers Office
- Mayo Clinic Press
- Moment's Hospice
- Resounding Voices
- Rural/Community Programs
- START Senior Solutions
- Trellis
- Volunteers of America

About the Alzheimer Disease Research Center

Mayo Clinic's Alzheimer's Disease Research Center advances scientific research and promotes education about healthy brain aging, mild cognitive impairment, Alzheimer's disease, Lewy body dementia, frontotemporal dementia, and other related dementia disorders. We aim to prevent, delay, and cure Alzheimer's disease and other dementia disorders. Our center pioneers discoveries of biomarkers and advanced brain imaging tests. We work to address the health and wellbeing of those affected by these disorders through caregiver research, and programs that meet the unique needs of individuals and communities.